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ABSTRACT

This volume describes 232 projects funded by the Nutrition Education and Training Program of the New Jersey State Department of Education between 1979 and 1980. Broad in scope and diversity, the programs represent an effort to fulfill the needs of children, with primary school students receiving the most attention. Of the 232 programs carried to completion, half address children in kindergarten through 6th grade, 39 programs are for preschool children, 46 are for students in 7th through 12th grade, and 31 are for students in special education. The common, overriding goal of all of the programs is to enhance nutrition knowledge and encourage nutrition practices, behaviors, and attitudes among students, their parents, and the community. In addition to teaching basic nutrition concepts, each program has more immediate objectives which vary with the needs of its own students and the needs of the community. Variables addressed by the programs include ethnic factors, socioeconomic conditions, grade level, general community and parental interest and involvement, numbers of gifted and talented students, the prominence and needs of special education students, career and guidance concerns, interdisciplinary interests, and general teacher and administrative support and creativity. Introductory remarks assert that these programs can be readily implemented in other classrooms because they require little money and demand of the teacher no formal training in nutrition. (RH)

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NUTRITION EDUCATION PROGRAMS FOR THE CLASSROOM

PRE K-12

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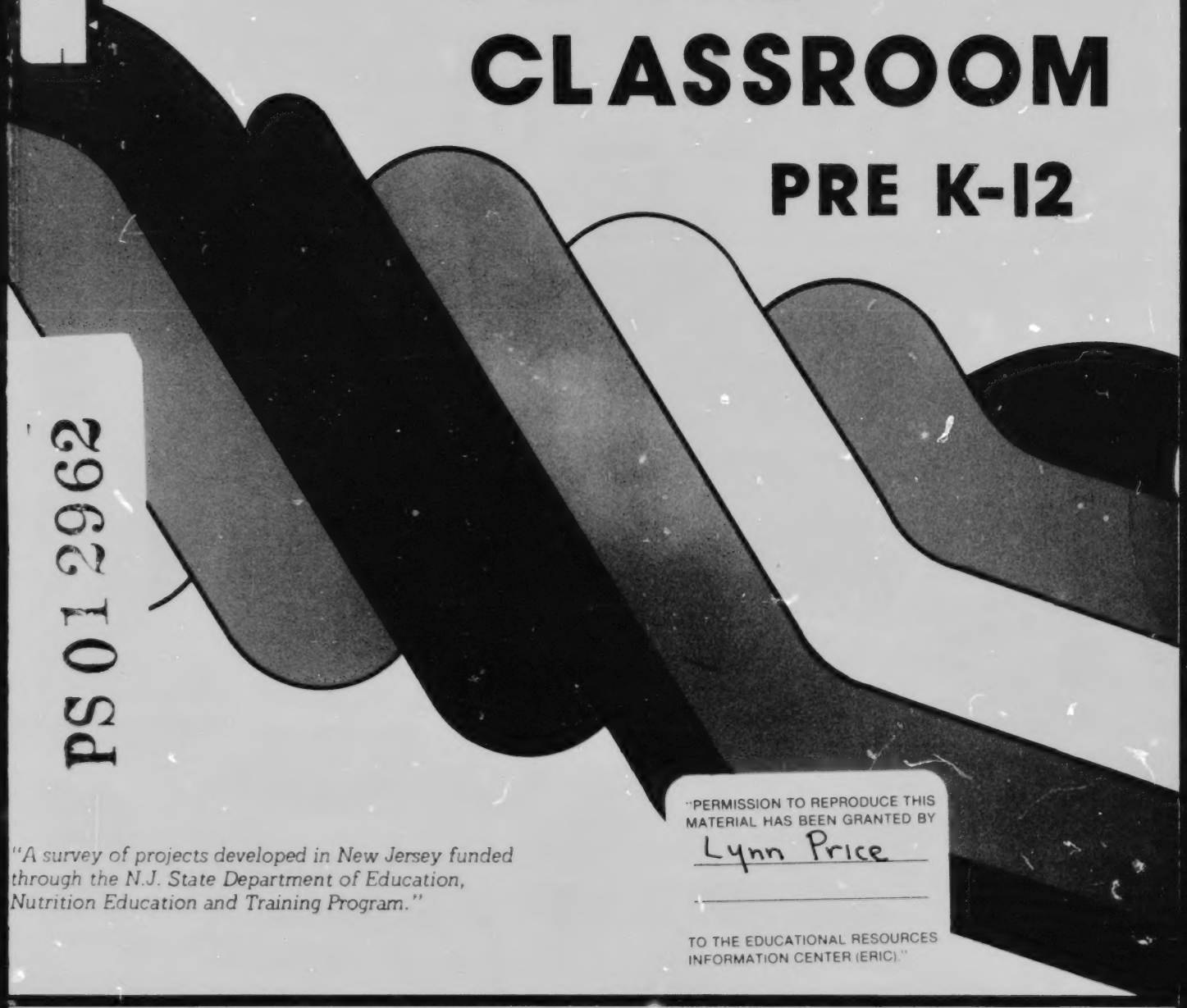

"A survey of projects developed in New Jersey funded through the N.J. State Department of Education, Nutrition Education and Training Program."

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NUTRITION EDUCATION PROGRAMS FOR THE CLASSROOM

(Pre-K - 12)

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New Jersey State Department of Education
Division of School Programs
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We are pleased to bring to the attention of educators, food service personnel and parents, **Nutrition Education Programs for the Classroom** which describes the nutrition education programs funded for a two year period through the Nutrition Education and Training Program (NET) of the New Jersey State Department of Education. Small grants ranging from $85 to $5,000 enabled teachers and administrators to put into practice creative strategies and explore new methods of improving the nutrition knowledge and behaviors of their students. Funds for the entire program were provided by the United States Department of Agriculture.

The 232 programs described herein were initiated by local school districts and agencies to solve local nutrition problems. Broad in scope and diversity, they address all school populations, from preschoolers to adult educable mentally retarded; cover a multitide of content areas ranging from cooking simple menus to complex laboratory experiments; address specific school and community needs; and devise interesting strategies to meet their own specific objectives. These programs can be readily adopted because they require little money and demand no formal training in nutrition for the classroom teacher.

We commend the staff members of the local districts who initiated and developed these projects; and we hope that the publication of these programs will incite all school districts to examine the nutrition education areas and instructional strategies described therein and use them to improve nutrition services and education for their own children.

Sincerely,

Fred G. Burke
Commissioner of Education
State of New Jersey

Funding for the Nutrition Education Program was provided by the United States Department of Agriculture and administered through the Nutrition Education and Training Program of the New Jersey State Department of Education.

This survey was prepared from information contained in the proposals and final reports of the funded projects.

EXECUTIVE SUMMARY

INTRODUCTION

This volume describes 232 projects funded by the Nutrition Education and Training Program of the New Jersey State Department of Education between 1979 and 1981. It not only records the nutrition education activities underwritten by the grants, but it also reveals the diversity of approaches used to teach a single subject area, and demonstrates the high level of interest and creative efforts of teachers and administrators within local districts and agencies to improve and enrich the nutrition knowledge and experiences of each child. The volume was written to recognize these worthwhile programs and their developers and to enable other educators to replicate those programs to meet their needs. Most of them can be easily duplicated by the classroom teacher without requiring extensive nutrition knowledge or experience. The products developed are available at the four Educational Improvement Centers.

BACKGROUND

The Nutrition Education and Training Program (NET) was established by Congress in November 1977 as an amendment to the Child Nutrition Act (PL 95-166) because of its findings that:

1. The proper nutrition of children is a high priority.
2. The lack of understanding of the principles of good nutrition and their relationship to health may cause children to reject nutritious food in the school lunch operations and to waste food.
3. Not all school food service personnel have had adequate training in food service management and nutrition to motivate children to practice sound eating habits.
4. Children need to be provided opportunities to practice the principles of good nutrition in their daily lives and in the school cafeteria.

Accordingly, with approximately $2.9 million dollars provided by the United States Department of Agriculture, the New Jersey NET Program was launched in December 1978 to offer children better learning opportunities regarding nutrition and foods. Its major activities comprised: grants to public and non-public schools ranging from $85 to $5000; the establishment of four staffed resource centers at each of the four Educational Improvement Centers; the purchase and equipment of four mobile vans to deliver instructional programs to school districts statewide; the establishment of a State Advisory Council; the development of an instructional TV series presented nationally entitled "The Great American Eating Machine: You," with accompanying teacher's guide; and training courses for teachers and food service directors. The NET program succeeded in involving 262,000 children in nutrition education, and in training 26,000 teachers and 3,300 food service workers in the state.

This volume concerns only the competitive grant aspect of the N.E.T. program. Grants aggregating $615,885 were made available to specific certified staff members in all public and private schools and non-profit agencies in all grades, pre-school through twelfth. Full-time teachers, administrators, food service directors, school nurses, and family day care personnel were eligible to apply.

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Four types of proposals were requested:

1. integration of the food service facility with other aspects of the nutrition curriculum or of the curriculum in general;
2. ideas on how to get children to avoid wasting food;
3. involvement of the school's or agency's nutrition efforts with the community;
4. involvement of children in the development of nutrition education curriculum materials.

A proposal on other nutritional concerns could also be submitted; however, the review process slightly favored proposals that addressed the requested areas.

Of approximately 650 proposals submitted, 240 were competitively selected for development through careful screening by nutritionists from the educational improvement centers and state department staff. No quotas were established and proposals were rated individually with no identification and with no regard for grade level. The programs so funded represent every county in the state, public and private schools, agencies and centers, all grade levels, and a variety of nutrition areas and goals.

ANALYSIS

Broad in scope and diversity, the programs indicate a concerted and creative effort to fulfill the needs of the children, with youngsters in the primary grades receiving the most attention. This apparently was based on the belief that good nutrition habits, behaviors and attitudes should be acquired early in life, for physical good health and emotional well-being. Of the 232 programs carried to completion, half (116) address children in grades kindergarten through 6, 39 programs are for preschoolers, 46 for students in grades 7 through 12, and 31 for students in Special Education. The last category contains 6 for the gifted and talented and 25 for the handicapped, including neurologically or perceptually impaired, educable or trainable mentally retarded, autistic, emotionally disturbed, and retarded. Several of the graded programs include special education students, augmenting the number of programs applicable to them. Bilingual programs also cut across grade levels.

How many ways can nutrition be taught? And for what purposes is it introduced? For a single area, the diversity of objectives and strategies is astonishing indeed! Analysis of the Nutrition Education and Training Program accordingly centers on three aspects: Goals and Objectives, Strategies Used, and Products Developed.

Goals and Objectives

The common, overriding goal of all the programs was to enhance nutrition knowledge and encourage nutrition practices, behaviors and attitudes among the students, their parents and the community at large. In other words, a twofold impact was intended - cognitive and affective.

In addition to teaching basic nutrition concepts, each program has more immediate objectives, varying with the needs of its own students and community. Variables included ethnic factors, socio-economic conditions, grade level considerations, general community and parental interest and involvement, numbers of gifted and talented students, prominence and needs of special education students, career and guidance concerns, interdisciplinary desires, and general teacher and administrative support and creativity.

All grades stressed acquisition of knowledge to varying degrees. The lower grades emphasized physical goals such as cooking, planting gardens, taking field trips, making cookbooks and posters, and acting out skits. The intermediate and high school grades emphasized attitudinal changes and behavior modification, such as weight control, understanding of world hunger and malnutrition problems, and the impact of genetics, advertising, and peer pressure on nutritional habits.

Interdisciplinary needs proved to be a widespread goal, such as, relating nutrition education to the basic skills of reading, writing and arithmetic; to social studies; to home economics; to metrics; to art, photography and film-making; to science - biology, physiology, botany, physics; and to language arts.

Finally, several programs addressed the needs of the gifted and talented and of those enrolled in Special Education courses.

The objectives listed in the project proposals and final reports fall into broad categories such as teaching basic nutrition; eliminating junk food and "plate-waste" at mealtime; encouraging good nutritious snacks and vegetable consumption; cooking all kinds of food; making cookbooks; improving dining behavior and skills; using nutrition for interdisciplinary purposes; and providing opportunities for students in Special Education.

To teach good nutrition, objectives included: learning the basic food groups and their importance; emphasizing a balanced diet; improving family nutrition habits; educating parents and community; planning menus; relating nutrition to physical fitness, such as weight control, good tooth maintenance, body functions; improving brown bag lunches; encouraging nutritious breakfasts; developing wise food purchasing habits; teaching "consumerism"; recognizing the influence of ancestry, community, advertising and peer pressure on diet.

To eliminate junk food and "plate waste" at mealtimes, objectives included: increasing receptivity to new foods (especially for minority children); encouraging good food choices; learning alterantives to junk food; teaching problems brought on by high sugar intale; improving the cafeteria lunch program, thereby encouraging greater participation; and enhancing cafeteria atmosphere.

To encourage good nutritious snacks and vegetable consumption, objectives included: providing knowledge of vegetable nutrition; learning how vegetables grow; encouraging consumption of salads and raw vegetables.

To teach menu planning and cooking, objectives included: learning ethnic foods and how to cook them; teaching principles of kitchen safety and hygiene; planning menus for all occasions, even for camping and backpacking; providing food preparation experiences of all kinds.

To improve dining skills, objectives included: developing good eating manners; learning skills in setting tables and serving foods; improving student behavior and social graces in dining.

To meet the needs of students in Special Education, objectives included: teaching basic culinary skills; eliminating negative behavior of the emotionally disturbed; increasing reading ability in autistic children; improving motor coordination for neurologically impaired; providing career awareness for the neurologically impaired; and teaching basic nutrition to youngsters in detention centers.

Strategies Used

The broad diversity of strategies used to accomplish these objectives demonstrates the ingenuity and creativity of professionals at all levels entrusted with the education and well-being of children. All programs taught basic nutrition; most provided cooking and eating experiences in a variety of ways. The younger students had more intense physical activity and greater parental involvement, with breakfast or lunch or dinner parties for parents, food fairs and bazaars, snack parties, picnics, tasting parties, field trips to related areas of interest, and cookbooks or recipes produced as final indicators of culinary achievement, representation through youth advisory councils in administration and cafeteria management, weight control and exercise strategies, and activities inducing attitudinal change.

Teaching strategies included lectures, discussions, large groups, small groups, independent study, preparation and filming of nutrition lessons, guest lecturers, use of peer teaching, older students teaching the younger, students teaching parents, use of prepared educational media, and establishment of a Nutrition Resource Center. Curriculum materials of all kinds were developed by students as well as teachers.

In learning good nutrition, children wrote, presented and acted in nutrition plays, skits, puppet shows and assembly entertainment; had poster contests; played games and solved puzzles; made cartoon characters and coloring books; made film-strips, slide-tape presentations, and movies of their activities; produced a television series on nutrition, wrote a nutrition newsletter for fellow students, parents and community members, containing nutrition highlights as well as menus and recipes; and produced television and radio commercials to combat advertising pressures. Trips were taken to animal farms, vegetable farms, orchards, cafeterias, markets, restaurants, bakeries, and health food stores. Laboratory and greenhouse experiments were conducted with rats and vegetables. Students studied human physiology and the impact of foods and exercise on weight control.

To reduce plate-waste, encourage good food selection and snacking, and improve the cafeteria program, students surveyed and evaluated snacking patterns and food preference; measured plate waste; cooked and sold nutritious fruit and food snacks; had tasting parties for ethnic foods; introduced different snacks into their diet; set up an idea box in the cafeteria for student use; produced an album on the cafeteria staff and their work; and improved cafeteria atmosphere with photoposters and nutritional displays.

To encourage vegetable consumption, permanent salad bars were installed, greenhouses were built, and students were provided with all kinds of gardening experiences - planting, growing and harvesting vegetables on school grounds, in containers and in a solar greenhouse. They even produced a vegetable dictionary.

Cooking was a prominent strategy. Collectively, the students "cooked up a storm" -breakfasts, lunches, snacks, dinner parties, banquets, food fairs, even cafeteria meals. They established cooking clubs, provided meals for high school athletes, and set up cooking demonstrations for colleagues and parents. They even planned and executed a 3-day back-packing trip. These all resulted in diverse recipe collections listed below as products developed.

Finally, to improve their dining skills, they took videotapes of lunchroom behavior to present to their fellow students.

In the area of Special Education: gifted and talented students were given a college-level minicourse, and some wrote metric recipes and a metric cookbook. A simulated food service lab was established for the trainable mentally retarded and a simulated supermarket for youngsters neurologically impaired and emotionally disturbed.

Products Developed

Favored for development was a collection of recipes and menus assembled and distributed in various forms, such as cookbooks (some bilingual), newsletters, newspapers, flyers, posters, menu booklets and recipe boxes. Many contain nutrition facts and menus as well as recipes. These were distributed to students, teachers, administrators, community organizations and other schools in the district.

Cookbooks have imaginative, appetizing titles such as *Yummies for the Tummy; Snack'n Good Recipe Book; Delicious, Nutritious Snacks; On Beyond Peanut Butter; Food for Thought; Healthy Snacks for a Healthy You; Food Facts Fair.*

Filmstrips and slide-tapes were also developed with humorous titles such as "*Eat Your Heart Out,*" "*As The Stomach Churns,*" "*The Adventures of Vitaman*".

Coloring books were a great favorite, with one entitled, *How Does Your Garden Grow?*

Other materials developed include: posters, pictures, collages, puzzles and games, original plays, skits, songs, poems and stories, puppets, movies, food charts (especially of the basic food groups), a Nutrition Circus wall mural, growth charts, reference charts, reference lists of books highlighting good nutrition, cookbooks, and nutrition resources.

Curriculum materials for teachers' use comprise detailed lesson plans, interdisciplinary guides, homework packets, pre- and post-tests, diet evaluation forms, debate guidelines, surveys of food waste and of food preferences, and guidelines for putting on banquets, food parties for parents, and general fairs and festivals for the community.

CONCLUSION

The review of the nutrition education programs described in this catalogue provides some concept of their broad scope, diversity and creativity, proving that nutrition education can be taught in many ways, with varying objectives to meet district needs, with minimum expense, and requiring of the teacher little nutrition background. Though grants were small--ranging from $85 to $5000, this "seed" money elicited the development of innovative concepts in many areas of nutrition, using unusual strategies and methods to address both students, teachers, administrators, parents and the community at large, contributing not only to the educational sector but also to community health and well-being. Though funding has ceased, the programs deemed successful will hopefully continue within the school districts and agencies on their own merit and initiative. Educators can implement a nutrition program in full confidence that it can be accomplished easily and inexpensively. To assist them, proposals,final reports and products developed by the programs are available for scrutiny at the Resource Center of each educational improvement center.

CATALOGUE USE

The 232 programs described herein are classified according to grade level with a separate section devoted to Special Education students, in the following order and distribution:

Section	I - Preschool	39 programs
Section	II - Grades Kindergarten-6	116 programs
Section	III - Grades 7-12	46 programs
Section	IV - Special Education	31 programs
	A - Gifted and Talented students	(6 programs)
	B - Handicapped students	(25 programs)

Within each section, programs are arranged alphabetically by county, and, within each county, by district (or town, in the case of private agencies).

A uniform, descriptive format is used which includes: school district and county, grade level, a brief summary descriptor, overview (outlining program and materials developed), funding, and contact person. The Special Education section also cites the specific category, such as, gifted and talented, autistic, emotionally disturbed, educable mentally retarded, etc.

Since most of the programs were untitled, the summary descriptor was provided again in the Table of Contents for each program listing. This was done to enable educators to locate programs which may meet their own needs.

Finally, the Index was appended for ready reference, listing all programs by county and school district, cutting across all grade levels. This was added so that district programs could be easily located, should the grade level be unknown to the reader.

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Reduction of plate waste by students, K-6, through interdisciplinary nutrition education and meal preparation.

West Orange School District 53
Reduction of plate waste through nutrition education and food preparation, for students in 5 elementary schools, K-6.

Hudson County

Bayonne School District 54
Nutrition education in four curriculum areas through peer teachers in an elementary school, grades K-8.

Bayonne School District 54
Plate waste reduction by sixth grade students through food preparation and sampling.

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Jersey City - St. Peter's College Community Kindergarten 55
Nutrition education program for kindergartners and their parents, with stress on group family efforts.

Jersey City - St. Aloysius Elementary School 55
Interdisciplinary nutrition education for fourth graders through active learning experiences involving parents and the school community.

Secaucus School District 56
Knowledge and preparation of vegetables, for primary students grades 1-3, to enhance nutrition and reduce plate waste; vegetable dictionary and cookbook developed.

Hunterdon County

Clinton Township School District 56
Interdisciplinary nutrition activities centering on a monthly theme, for third graders.

Delaware Township School District 57
Knowledge of food services and nutritional values through field trips, cooking experiences, and tending animals, for kindergartners.

Flemington - Darts Mill Day Care Center (Division of Youth and Family Services) 57
Cooking experiences for day-care children, ages 5-8, and mothers, to improve nutrition family habits.

Holland Township School District 58
Improvement in lunchroom atmosphere by students K-8, through student preparation of meals and room decoration.

Mercer County

Hamilton Township School District 58
Nutrition education and experiences for students in kindergarten and first grade, with focus on the school lunch program.

Hamilton Township School District 59
Nutrition knowledge fostering attitude change and good eating habits, thereby reducing plate waste, for second graders.

Hamilton Township School District 59
Nutrition knowledge, food preparation and "tasting parties" for students K-5, to establish healthful dietary habits.

West Windsor - Plainsboro Regional School District 60
Hands-on nutrition experiences for first graders involving field trips, class garden, food preparation, resource center and a "Food Facts Fair."

Middlesex County

Dunellen School District 60
Nutrition education for district's children, grades K-6, designed to improve eating habits and reduce lunch waste.

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East Brunswick School District 61
Program for third graders emphasizing nutritious snacks.

Monroe Township School District 61
Nutrition education for students, grades 2 and 3, including field trips and dinner preparation.

New Brunswick School District 62
Research study of effect of nutrition education on consumption of school lunches, using first and second graders.

North Brunswick Township School District 63
Experiences in learning about, and preparing breakfasts by sixth graders for classes in grades 2 through 5.

Old Bridge Township School District 63
Nutrition education for third graders, emphasizing reduction in plate waste and acceptance of unfamiliar foods.

Old Bridge Township School District 64
Nutrition education for fourth graders, to discourage consumption of "junk" foods.

Woodbridge Township School District 64
Breakfast nutrition education for fourth grade students stressing breakfast preparation and parental involvement.

Monmouth County

Matawan - Aberdeen Regional School District 65
Interdisciplinary nutrition education for second graders through establishing and maintaining a greenhouse, with cooking experiences provided.

Matawan - Aberdeen Regional School District 66
Social studies - nutrition education for sixth graders, emphasizing effects of immigration and technology on food choices; ethnic cookbook developed.

Union Beach School District 66
Nutrition education related to an improved lunch program for kindergartners and first graders.

Wall Township School District 67
Nutrition education for first graders stressing reduction of plate waste; cookbook compiled.

Wall Township School District 67
Comprehensive nutrition education for entire school, K-6, with development of bag lunch menus by fifth graders.

West Long Branch School District 68
Nutrition education for third graders correlated to math and social studies, with food preparation, cookbook development and nutrition festival for parents.

Morris County

Chatham Township School District 69
Interdisciplinary nutrition curriculum involving an entire elementary school of 370 students, (K-5), teachers and parents, with parent newsletters and recipe book developed.

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Dover - Sacred Heart School 70
Stress on lifetime dietary habits and intelligent food choices, for grades K-8, with reduction of plate waste.

Hanover Township School District 70
Emphasis on nutritious breakfasts and snacks for kindergartners, with cooking experiences and cookbook compilation.

Kinnelon School District 71
Nutrition awareness activities for students, grades K-2, with emphasis on good tooth maintenance and reduction of plate waste.

Kinnelon School District 72
Nutrition activities for third graders with emphasis on wholesome snacks and plate waste reduction.

Kinnelon School District 72
Nutrition awareness education and activities for students in kindergarten and grades 3-5, with hands-on learning experiences.

Mendham Borough School District 73
Nutrition education for students grades K-3, with special emphasis on nutritious snacks; recipe books compiled.

Mendham Township School District 74
Emphasis on nutritious snacks for kindergartners, with nutrition education, food selection and preparation, and compilation of recipe books.

Montville Township School District 75
Cooperative nutrition education activities by sixth graders working with first and second grade students.

Montville Township School District 75
Nutrition education to improve bag lunches for students, grades 4-6.

Morris School District 76
Tasting sessions to introduce new foods to students, grades K-3, through parent volunteers and the school's lunch program, with recipes distributed to parents.

Mount Olive Township School District 77
Knowledge and preparation of nutritious snacks for first graders, with cookbook compilation and parental involvement.

Rockaway Borough School District 77
Nutritious breakfasts studied, planned and prepared by first graders, and compiled into recipe book.

Roxbury Township School District 78
Cooking experiences and nutrition information for kindergartners, involving field trips and cookbook compilation.

Ocean County

Barnegat Township School District 78
Nutritious breakfast and snack education for students, grades K-3, including snack preparation, supermarket trip and exercise.

Jackson Township School District 79
Nutritious snack education for kindergartners, with menu booklets, snack preparation and tasting sessions.

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Jackson Township School District 80
Cooking experiences in making breakfasts and nutritious snacks, for first and second graders.

Jackson Township School District 82
Breakfast and lunch preparation by students, grades 3-5, with compilation of recipes used in class and in county 4-H contests.

Jackson Township School District 82
Preparation of breakfasts, lunches and snacks by fourth graders, with skills acquired in serving and dining; cookbook compiled.

Point Pleasant Beach School District 83
Study by 6th graders on plate waste, including surveys of food preferences, with findings and suggested solutions presented to administration.

Passaic County

Paterson - Northside Forces Youth Development Program 83
Nutrition education for low income students, ages 6-14, in a Youth Development Program, through writing and acting in filmed nutrition skits.

Paterson School District 84
Comprehensive nutrition program for all students, grades K through 6, their teachers, parents and community members, emphasizing nutritious snacks and plate waste reduction.

Paterson School District 85
Consumer education for students, grades 5-7, stressing merchandising techniques that influence food selection, with videotape produced.

Paterson - St. Joseph's Elementary School 86
Extensive nutrition education curriculum for students K-8 in an inner city nonpublic school, their parents and teachers.

Ringwood School District 86
Multidisciplinary nutrition education for fourth graders, with emphasis on a balanced diet.

Salem County

Pittsgrove Township School District 87
Nutrition education, cooking experiences, and production of television commercials, to combat commercial advertising.

Somerset County

Franklin Township School District 88
Nutrition program for kindergartners with activities designed to encourage healthy choices.

Franklin Township School District 88
Nutrition education for fourth graders to reduce plate waste at lunch.

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Sussex County

Andover Regional School District 87
Basic nutrition education to improve snack selection and reduce plate waste, with production of six original slide tape stories.

Sussex-Wantage Regional School District 87
Breakfast nutrition and preparation, for second graders, with production of filmstrip, cassette and recipe book.

Vernon Township School District 88
Nutritious snack education for first graders with cookbook compilation and luncheon party for mothers.

Union County

Elizabeth School District 89
Food tasting parties for children Pre-K-3 and special education students, to learn new foods and reduce plate waste.

Elizabeth School District 90
Lunch program served family style to students grades K-5 to reduce plate waste, teach nutrition and table manners, and increase lunch participation.

Elizabeth School District 91
Nutrition program for students grades 1-5, to encourage participation in the cafeteria lunch, reduce plate waste and eliminate "brown-bagging" from home.

Plainfield - Children of the Rainbow School, Inc. 92
Nutrition knowledge and food preparation by children ages 5-12 in a private agency, culminating in an International Dinner prepared for parents.

Plainfield - YWCA - Plainfield and North Plainfield 92
Snack cooking and nutrition experiences for low income Summer Day Camp children ages 8-12, with production of slide-tape presentation.

Rahway School District 93
Snack nutrition education and food preparation for sixth graders, with development of a Snack 'n Good Recipe Book.

Scotch Plains-Fanwood School District 94
Multicurricular nutrition education for kindergartners relating to math, language arts and social studies, with emphasis on snacks.

Summit School District 94
Nutritious snacks prepared and tasted by 4th graders, with favorites included in cookbook "Delicious Nutritious Snacks."

Union Township School District 95
Information and cooking experiences centering on the basic food groups, for fifth graders, culminating in a banquet prepared and served to parents.

Union Township School District 95
Breakfast nutrition education and cooking experiences for fifth grade students, with preparation of breakfast for all fifth graders.

Union Township School District 96
Breakfast education and cooking experiences for fifth grade students, with preparation of a Gourmet Ethnic Breakfast for classmates and parents.

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Warren County

Phillipsburg School District 96
A "nutritious snacking unit" for low income fourth grade students, with information and cooking experiences resulting in recipe booklets.

Section III. Grades 7-12

Atlantic County

Linwood School District 98
Food preference survey of students, grades 6-8, and their parents, resulting in establishment of permanent salad bar in the lunchroom.

Bergen County

Cresskill School District 98
A nutrition education program for junior and senior high school students designed to modify their affective dietary behaviors.

Ridgewood School District 99
Nutrition study for 12th grade health classes, involving preparation and presentation of slide-cassette programs.

Burlington County

Evesham Township School District 99
Nutrition education for middle school students, grade 6-8, through the creation and viewing of 6 video-tapes on different aspects of nutrition.

Shamong Township School District 100
Nutrition education for seventh grade science class, resulting in production of slide presentation stressing problems of high sugar intake.

Camden County

Camden Diocesan School System 100
Establishment of a Resource Center, with nutrition education directed to 7th and 8th graders who developed slide-tape presentation for school and community use.

Gloucester Township School District 101
Nutrition education in the seventh and eight grade science classes using lab and greenhouse techniques and creating workbooks and posters for use by lower grades.

Lower Camden County Regional High School District #1 102
Nutrition education for ninth graders provided through the planning and execution of a 3-day backpacking trip, with slide-tape presentation.

Voorhees Township School District 102
Nutrition education for students grade 6-8, stressing physical fitness and dietary requirements for athletes.

Voorhees Township School District 103
Nutrition education for students grades 6-8 through researching and writing radio spots on nutrition for public information.

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Cape May County

Lower Cape May Regional School District 103
Nutrition education for high school students in a child care course, benefitting the toddlers in the nursery; recipe book developed.

Cumberland County

Vineland School District 104
Nutrition awareness for a 1500 student high school, grades 9 and 10, involving preparation of "Nutri-News" tapes by home economics students aired daily over intercom, designed to enhance choice and eliminate waste.

Essex County

Bloomfield School District 104
Weight control for high school students using diet, exercise and behavior modification.

Livingston School District 105
Program designed to improve breakfast and snack habits of seventh graders, with development of recipe book.

Livingston School District 105
Nutrition education for junior high school students, grades 7-9, to substitute nutritious snacks for "junk" foods; with preparation of recipe book, newsletters, assemblies and Nutrition Fair.

West Orange School District 106
Nutrition education and meals provided for athletes in high school, stressing breakfasts.

Gloucester County

Clayton School District 107
Nutrition program for students in High School and Middle School emphasizing attitudinal change and snack alternatives.

Glassboro School District 107
Nutrition education for seventh and eighth graders and their parents, involving food preparation, TV shows, and poster contest.

Glassboro School District 108
Obesity program for overweight students, grades 9-12, involving nutrition information and exercise.

Kingsway Regional High School District 108
Salad bar installation for students grades 7-12 with stress on fresh fruits and vegetables, especially for ethnic students.

Pitman School District 109
Installation of salad bar, formation of advisory committee, and improvement of five lunchrooms, for grades 1-12, to promote sound food selection and reduce plate waste.

Washington Township School District 109
Nutrition program for ninth graders emphasizing nutritious snacks and preparation of a 20-minute videotape.

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Hudson County

Bayonne School District 110
Eighth graders teaching their nutrition knowledge to third graders through plays, puppet shows, cooking demonstrations and tasting parties.

North Bergen School District 110
Nutrition education through teaching: high school students teaching nutrition principles to kindergartners.

Hunterdon County

Clinton Township School District 111
Nutrition education for entire elementary school directed to improvement of school lunch program.

Delaware Township School District 111
Nutrition education for seventh graders stressing nutritious snacks and development of a recipe book and curriculum to teach younger children.

Middlesex County

Monroe Township School District 112
Nutrition education for seventh graders, using computers for solutions to nutritional problems.

South Brunswick School District 112
Development of a nutrition curriculum for students, grades 5-8, relating nutrition to physical fitness.

Monmouth County

Upper Freehold Regional School District 113
Experience in cafeteria work skills for 11th and 12th grade foods and nutrition students exploring vocational opportunities.

Morris County

Montville Township School District 114
Student participation in cafeteria program through a Youth Advisory Council on Nutrition, to improve lunches.

Ocean County

Point Pleasant Borough School District 115
Promotion of nutrition awareness for students grades 6-8, through activities revolving around a nutritional materials center.

Passaic County

Clifton School District 116
Food career opportunities for ninth grade students, stressing practical cafeteria experience directed to improved lunch participation and reduced plate waste.

Little Falls Township School District 117
Preparation of original nutrition slide-tape program by eighth grade home economics students for kindergarten-first grade levels.

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Manchester Regional School District 117
Salad bar for high school students, grades 9-12, to reduce plate waste and encourage consumption of raw vegetables.

Pompton Lakes School District 118
Elective nutrition course for eighth graders, with "total school involvement" emphasizing improved lunches and snacks and reduced plate waste.

Ringwood School District 118
Nutrition education stressing "brown bag" lunch menus, for seventh graders, with preparation of cookbook and slide presentation.

Salem County

Pittsgrove Township School District 119
Salad bar installation in a high school serving 600 students, grades 7-12.

Somerset County

Bridgewater-Raritan Regional School District 119
Breakfast nutrition education for seventh grade students who prepared videotapes for second graders who shared knowledge with kindergartners.

Bridgewater-Raritan Regional School District 120
Elective nutrition course for eighth graders, to prepare learning aids for their peers stressing nutritious snacks.

Sussex County

Sparta School District 121
Basic nutrition education for eighth grade students to improve food choices, culminating in a Nutrition Fair.

Sparta Township School District 122
Studies of world hunger and malnutrition and their causes, with new ethnic foods studied and prepared, for students, grades 9-12.

Union County

Linden School District 122
Breakfast nutrition program and food preparation, for seventh and ninth grade students.

Scotch Plains-Fanwood School District 123
Survey of plate waste by eighth and ninth grade social studies students, and the development of movie.

Union County Regional School District #1 123
Nutrition information acquired by high school students in foods classes, imparted to the rest of the student body through peer teaching, films and breakfast preparation.

Westfield School District 124
Nutrition Fair for Junior High School students, grades 7-9, emphasizing good nutrition for athletic performance, fast foods, snacks and weight control.

Warren County

White Township School District 124
Minicourse encouraging breakfast consumption, for seventh and eighth grade students.

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Section IV. Special Education:

A. Gifted and Talented Students

Atlantic County

Atlantic City School District 126
Nutrition education through diet experiments with rats, for gifted and talented students, grades 1-6.

Estell Manor School District 127
Nutrition education for gifted students, grades 6-8, through a college level mini-course.

Camden County

Runnemede School District 127
Gifted and talented fourth and fifth graders creating nutrition instructional materials for children grades K-5.

Cumberland County

Deerfield Township School District 128
Nutrition program for gifted and talented students, ages 10-14, who surveyed classmates, preparing menus and meals, and filmed nutrition lessons for school use.

Hudson County

Union City School District 129
Nutrition education for gifted, bilingual, urban fifth graders through a Consumer Awareness Program.

Union County

Elizabeth School District 130
Coordination of nutrition and metrics by gifted and talented students, grades 5 and 6, through cooking, using metric recipes and developing a metric cookbook.

Union Township School District 130
Nutrition knowledge and cooking experiences for classified junior high school students, grades 7-9, stressing alternatives to "junk foods" and culminating in a family banquet with TV slide-tape presentation.

B. Handicapped Students

Atlantic County

Corbin City School District 131
A program for the Trainable Mentally Retarded, ages 5-21, to enhance nutritior knowledge, culinary skills, weight control and parent involvement.

Burlington County

New Lisbon State School 132
Nutrition, cooking experiences and a cookbook, for trainable, mentally retarded males, ages 11-21.

Page

Willingboro School District 132
Nutrition education, cooking experiences and preparation of a cookbook, for emotionally disturbed children, ages 7-10.

Camden County

Atco - The Archway School 133
Nutrition education for neurologically impaired high school students involving basic food knowledge, meal preparation, and creation of a slide-tape presentation.

Haddonfield - The Bancroft School and Community 134
Nutrition program for retarded children, ages 8-15, involving cooking experiences and development of a visual cookbook requiring minimal reading skills.

Cape May County

Cape May - Ocean Academy Special Services School District of Cape May County 135
Nutrition education program for pre-school and elementary handicapped children stressing lectures and discussion, development of a puppet theater and parental involvement.

Cumberland County

Vineland Public Schools 136
Interdisciplinary nutrition activities wherein elementary handicapped youngsters plan and prepare nutritious meals and curriculum materials.

Essex County

Irvington School District 136
Nutritional breakfast planning and preparation by elementary educable mentally retarded students, with compilation of a cookbook-textbook.

Newark School District 137
Cooking and nutrition experiences for primary educable mentally retarded students, designed to teach nutrition and eliminate plate waste.

Gloucester County

Deptford Township Public Schools 137
Nutrition and food preparation experiences for trainable mentally retarded students, ages 11-21.

Glassboro Public Schools 138
Mainstreaming special education and regular fourth graders in nutrition education throught the preparation and sales of nutritious fruit snacks.

Glassboro Public Schools 138
Nutrition and personal hygiene program for emotionally disturbed intermediate and high school students, providing cooking experiences to eliminate negative behavior.

Glassboro School District 139
Nutrition education and food preparation experiences for primary educable mentally retarded students, ages 6-10, designed to improve math and reading skills.

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Hudson County

Jersey City School District 139
Nutrition education for trainable mentally retarded, ages 5-21, through a simulated food service lab providing hands-on experiences.

Jersey City - Mt. Carmel Guild Special Education 140
"Nutritional environment" for emotionally disturbed and neurologically impaired students, ages 7-16, to improve their nutritional knowledge and diet.

Mercer County

Princeton - Princeton Child Development Institute 141
Nutrition education and food preparation experiences designed to increase reading ability, for autistic children, ages 9-16.

Middlesex County

North Brunswick - Middlesex County Juvenile Facilities 142
Basic nutrition education for youngsters, ages 8-17, in three Detention Centers, with stress on food preparation and budgeting.

Monmouth County

Marlboro Township School District 142
Interdisciplinary nutrition program for neurologically impaired children, ages 7-9, emphasizing cooking, math, reading and motor coordination.

Morris County

Morristown - Morris County Educational Services Commission 143
Nutrition learning experiences and basic skills development through use of a simulated supermarket, for students, ages 7-11, neurologically impaired and emotionally disturbed.

Morristown - Morris County Educational Services Commission 144
Nutrition training for neurologically impaired and emotionally disturbed students, ages 8-11, and their parents, with cooking experiences; cookbook developed.

Ocean County

Jackson Township School District 145
Nutrition education for emotionally disturbed and educable mentally retarded children, ages 9-12 with stress on meal preparation skills.

Jackson Township School District 145
Breakfast cooking experiences for neurologically impaired students, ages 11-13, with career awareness exposure; recipe booklet developed.

Somerset County

Franklin Township School District 146
Nutrition and cooking activities for neurologically and perceptually impaired children, ages 7-9, with cookbook compiled.

Union County

Scotch Plains-Fanwood Regional School District 146
Nutritional snack education and preparation, for pre-schoolers (28 handicapped, 12 non-handicapped), with cookbook and slide presentation developed.

SECTION I - Preschool

TALIAFERROS' DAY CARE CENTER, INC.

Grade Pre-school

ATLANTIC CITY
Atlantic County

DESCRIPTOR: Program for low income day-care pre-schoolers, with cooking experiences, parental involvement, monthly newsletters and recipe book.

OVERVIEW: The program provided positive food experience to 40 low-income, pre-school day care center children. Through weekly cooking activities and lessons, the children learned the importance of food to the body, the four food groups, what foods they need to eat, and where food comes from. Trips were taken to a vegetable and a fruit farm. Parental involvement was encouraged. The program climaxed in a special luncheon prepared by the children for their families where they presented a short play, "A Trip to Nutritionland". An essential feature of the program was a monthly newsletter sent to the homes with recipes and reports of the children's activities. A booklet was developed containing recipes sent in by the parents.

FUNDING: $1,000.00

CONTACT PERSON: Triana R. Bruso, Taliaferro's Day Care Center, Inc. 423 North Tennessee Avenue, Atlantic City, N.J. 08401. (609) 348-2772

EMERSON SCHOOL DISTRICT

Grades - Pre-K and K

Bergen County

DESCRIPTOR: Cooking experience for pre-K and Kindergarteners, involving a fully equipped mobile cooking center

OVERVIEW: The program encouraged 55-60 pre-kindergarten and kindergarten children to develop food and nutrition practices fundamental to good health and well being. The children worked directly with a fully equipped mobile cooking center for 90 minutes each week, and explored consumer topics, dental health and other nutrition-related areas. Parents were involved in some evening meetings; received a monthly newsletter, "What's Cooking"; and assisted during each cooking session. Materials developed by the program include: a mobile cooking center housing all requisite equipment; the monthly newsletter; a hand puppet, Chef Goodfood, used as a teaching aid; colored slides taken of the children in their activities for presentation to students and parents; and a play at year's end, covering all the nutrition concepts developed during the year.

FUNDING: $3,087.00

CONTACT PERSON: Amy Marotta, Linwood School, Linwood Avenue, Emerson, N.J. 07630 (201) 262-4049.

GARFIELD DAY NURSERY

GARFIELD
Bergen County

Grade Pre-school
(ages 3-5)

DESCRIPTOR: Nutrition education with meal preparation for nursery school children ages 3-5, with compilation of a recipe book.

OVERVIEW: The project enabled 48 nursery school children (ages 3-5) to make their own snacks based on proper nutrition. The children prepared foods from the 4 basic food groups for their breakfast, lunch and snack time. Working in small groups, they learned the value of between meal snacks as a supplement to regular meals; discovered, through group discussions, how proper nutrition contributes to good health; learned to handle kitchen tools (knives, grater, cutting boards, etc.); and were introduced to new terms, such as peel, grate, chop, stir, blend. All food prepared was consumed, with each project evaluated by the staff. Throughout the program, parents were kept informed through menus, charts and group meetings, and encouraged to substitute nutritional snacks for junk food.
Materials developed include recipe charts with pictures, a recipe book for the parents containing all the recipes developed, and photos of the children involved in various activities.

FUNDING: $975.00

CONTACT PERSONS: Barbara Carcich and Ann Mac Vicar, Garfield Day Nursery, 139 Belmont Avenue, Garfield, N.J. 07026. (201) 478-3080.

COOPERATIVE NURSERY SCHOOL OF THE GLEN ROCK COMMUNITY CHURCH

GLEN ROCK
Bergen County

Grades - Pre-school, ages 3 and 4

DESCRIPTOR: Cooking experiences with nutritious snacks for nursery children, ages 3-4, resulting in a cookbook "Kids in the Kitchen"

OVERVIEW: The program enabled 100 cooperative nursery school children, ages 3 and 4, to prepare and eat nutritious snacks in their classrooms twice a month during the school year. Through this activity they improved their knowledge of food and nutrition and tried new foods, concentrating on fresh fruits and vegetables as well as cooked and baked foods. They also grew "garbage gardens." Parent involvement was high, both in the initiation and execution of the program; they continued the program at home, producing nutritious, creative snacks as surprises for the class. The program resulted in the development of a cookbook entitled "Kids in the Kitchen - Recipes from the Classrooms of the Cooperative Nursery School of the Glen Rock Community Church", a compilation of food experiences in the classes.

FUNDING: $1,479.00

CONTACT PERSONS: Beth B. Helfst and Shirley Herwig, Cooperative Nursery School of the Glen Rock Community Church, 354 Rock Road, Glen Rock, N.J. 07452. (201) 652-1228.

PARAMUS COOPERATIVE NURSERY SCHOOL

PARAMUS
Bergen County

Grade Pre-school (age 4)

DESCRIPTOR: Preparation of warm weather drinks by four-year old pre-schoolers, with practice in using kitchen equipment

OVERVIEW: The project devised and introduced to four-year old pre-schoolers nutritious and refreshing warm weather drinks that do not contain refined sugar and artificial additives. The children experimented with a variety of natural ingredients to make the drinks; learned to mix ingredients in appropriate proportions; learned the use of cooking appliances such as extracters, blenders and juicers; and enjoyed their results during snack time. Parental knowledge of the project was enhanced through a newsletter which included several drink recipes.

FUNDING: $477.00

CONTACT PERSON: Marlene Ottimo, Paramus Cooperative Nursery School, 70 Spring Valley Road, Paramus, N.J. 07652 (201) 845-7377

BURLINGTON COUNTY COLLEGE CENTER FOR EARLY CHILDHOOD DEVELOPMENT

PEMBERTON
Burlington County

Grade - Pre-K
(ages 2½-5½)

DESCRIPTOR: Food awareness and cooking/sensory experiences for pre-kindergartners, ages 2½ to 5½, with parental involvement.

OVERVIEW: The program enabled 60 pre-school children, ages 2½-5½, to develop better eating habits by expanding their awareness of available food options through first-hand experiences with food. With parental involvement, the food awareness program was extended into the home. Staff, parents and children evaluated the effect of the daily food experiences. The program was conducted daily, throughout the year, at mealtimes or snack periods, and once a week at planned cooking or sensory experiences. Overall findings indicated that the children became more aware of food items and of the need for proper nutrition. Materials developed include nutrition newsletters and a resource of nutrition recipes.

FUNDING: $1,098.00

CONTACT PERSON: Frances Sattes, Center for Early Childhood Development, Burlington County College, Pemberton-Browns Mills Road, Pemberton, N.J. 08068. (609) 894-9550

LITTLE FOLK DAY CARE CENTER, ARCHWAY SCHOOL

ATCO
Camden County

Grade - Pre-K
(ages 2-5)

DESCRIPTOR: Cooking experiences for pre-kindergartners, ages 2-5, involving preparation of five cookbooks for school use and for home use with parents.

OVERVIEW: The project integrated nutrition education into the curriculum of a day care program serving 60 pre-school children, ages 2-5. Children were exposed to the language of cooking, safety in the kitchen, food preparation, and health and nutrition. Weekly, they participated in cooking activities related to the four basic food groups. Once a month, an ethnic meal was prepared and eaten by all the children. The project sought to increase desire to try new foods and creativity in cooking new and exciting meals, and to decrease boring, unbalanced meals and waste. Materials developed include two recipe books; a booklet to use in class with the children, complete with lesson plans; and a cookbook for parents to use in the home with the children.
children.

FUNDING: $3,500.00

CONTACT PERSON: Cynthia DiPiero and Beena Kulkowitz, Little Folk Day Care Center, The Archway School, Jackson Road, Atco, N.J. (609) 767-2556.

CAPE MAY COUNTY VOCATIONAL TECHNICAL CENTER

CAPE MAY COURT HOUSE

Grades - Pre-K, (ages 3-5), high school and adults

DESCRIPTOR: Nutrition education for pre-school children and their parents through training post-secondary and high school students to make the presentations.

OVERVIEW: Project Chew Chew Express enabled more than 200 pre-school children, their teachers and parents, together with over 80 high school and adult students of low and middle income families to acquire sound nutritional knowledge and develop good eating habits. A series of learning stations was created and presented to the community by paraprofessionals, trained in child care and health careers. The project included a training program in good nutritional practices for post-secondary and high school students, and Chew Chew Express learning stations created by the students for presentation to pre-school children and their parents. A slide tape presentation of the project was developed for future use by other institutions and organizations. The success of the program has led to its expansion to lower elementary school children. Materials developed include pre- and post-tests, parent follow-up questionnaire, handouts, a flannelboard on bacteria and sugar-decay chain, and a slide-tape presentation.

FUNDING: $5,000.00

CONTACT PERSON: Carol O'Hara, Eileen Schuff and Barbara Roman, Cape May County Vocational Technical Center, Crest Haven Road, Cape May Court House, N.J. 08210 (609) 465-3064.

TEST CITY CHILD CARE CENTER, INC., BRIDGETON

Grade - Pre-school, (ages 2½-5½)

BRIDGETON
Cumberland County

DESCRIPTOR: Nutrition awareness for low income pre-schoolers, ages 2½-5½, to increase receptivity to new foods and reduce mealtime waste.

OVERVIEW: Designed for 60 pre-school children, ages 2½ to 5½, the program increased their nutritional awareness, enhanced their acceptance of new foods, enabled them to partake of nutritious foods from around the world, and reduced mealtime waste. Involving 8 day-care teachers, parents and community members, the program presented lessons and activities for nutritional awareness and broadened their exposure to new foods on a regular basis. Each week throughout the year two short lessons were presented in addition to a food preparation activity; and once a month, a community guest prepared an ethnic food dish. Most of the children came from low-income families lacking sound nutritional principles in planning and preparing meals.

FUNDING: $996.00

CONTACT PERSON: Ethel P. Hall, Test City Child Care Center, Inc., 240 Walnut St., Bridgeton, N.J. 08302 (609) 451-0994

CHILD FAMILY CENTER, MILLVILLE

Grade - Pre-K

MILLVILLE
Cumberland County

DESCRIPTOR: Cooking experiences and food-tasting for pre-school children, to reduce plate waste; with compilation of a "kid-tested" cookbook.

OVERVIEW: Designed to reduce plate waste, the program provided 100 pre-schoolers with hands-on experiences in preparing and sampling unfamiliar foods, and introduced new tastes to develop a wider range of food choices. Field trips were taken to food-related places, and parents were involved to support the teachings in school. A cookbook compiled with "kid-tested" recipes was given to each child to take home and use with mom's help. Parental feedback indicated an increased interest in more nutritious snacks and meals and improvement in choices and amounts eaten. The program was conducted one hour weekly during the school year.

FUNDING: $2,324.00

CONTACT PERSON: Judith Lokey, Child Family Center, Millville Public Schools, 100 North Fourteenth St., Millville, N.J. 08332 (609) 825-8300

MONTCLAIR COOPERATIVE SCHOOL

MONTCLAIR
Essex County

Grades - Pre-school, (ages 3-6)

DESCRIPTOR: Nutrition education for pre-school children, ages 3-6, through planting and maintaining a vegetable garden and cooking a harvest feast.

OVERVIEW: The project exposed 36 children, pre-school through first grade, ages 3-6, in a suburban cooperative school to the growing and care of a vegetable garden on a plot provided by the community. The children tilled and prepared the soil, planted the seeds, provided nutritive fertilizer, watered and weeded the plants, maintained growth records, harvested the vegetables from their own garden and documented production. They ended the school year with a harvest feast of salads, soups and breads which they cooked and prepared for 150 children, friends, parents and neighbors. At the banquet a slide presentation was shown of all the stages of the garden, from breaking the ground to harvesting the produce. The program increased awareness of good nutrition, resulting in improved lunches sent by parents. Materials developed include recipes for the garden products.

FUNDING: $803.00

CONTACT PERSON: Kathleen A Rogers, Montclair Cooperative School, 40 S. Fullerton Avenue, Montclair, N.J. 07042 (201) 744-2259

NEWARK PRE-SCHOOL COUNCIL, INC., NEWARK

NEWARK
Essex County

Grade - Pre-school (age 4)

DESCRIPTOR: Establishment of a Nutrition Education Resource Center to teach nutrition in dental health to 55 Head Start Centers for pre-schoolers, age 4.

OVERVIEW: A Nutrition Education Resource Center was established for an agency operating 55 Head Start Centers servicing 1,925 pre-school children. The children were brought to the resource center for nutrition education programs designed to remediate nutrition problems and increase the knowledge of child, parent and staff in sound nutrition principles in relation to good health, with special emphasis on dental health. The Nutrition Center was divided into three learning areas: audio-visual, food preparation, and arts and crafts. Children were bused to the Center for three sessions of 1½ hours each, to learn the importance of good eating habits in maintaining sound dental health. Parental interest and cooperation enhanced the success of the program and even reflected in the enthusiastic participation of the children.

FUNDING: $5,000.00

CONTACT PERSON: Margaret H. McLeod, Newark Pre-School Council, Inc., 300 Chancellor Avenue, Newark, N.J. 07112 (201) 926-1875

COMMUNITY DAY NURSERY
BAYONNE
Hudson County

Grade - Pre-school
(ages 2½-5)

DESCRIPTOR: An experiment in reduction of plate waste among pre-schoolers, ages 2½ - 5½, through varied serving methods.

OVERVIEW: The program involved a study of the effect of three different methods of serving food to young children and the effect of each on food consumption and plate waste. The experiment involved 58 children ages 2½ through 5,in an inner city day care center servicing low to middle income families. For ten consecutive school days, each of the three classes was served lunch in three different methods: Class 1 ate family-style, self-service with no adult verbal encouragement; Class 2 received pre-measured portions on each plate with seconds available and no verbal encouragement; Class 3 ate family service but with adult verbal encouragement. Food was weighed upon entry into each class and all returned food and waste were weighed after each meal. Results indicated:

1. The greatest plate waste occurred where food was pre-served
2. The most milk was consumed in the class where it was pre-poured and pre-served
3. The least food consumed was in the class where it was pre-served
4. Verbal encouragement had no effect upon the quantity of food consumed in the self-service classrooms, an observation contrary to expectations. The least plate waste occurred where choice was exercised, in self-help.

FUNDING: $636.00

CONTACT PERSON: Sally Mason, Director, Community Day Nursery, 40 East Second Street, Bayonne, N.J. 07002 (201) 437-6333

BERGEN AVENUE DAY CARE CENTER(DYFS)

Ungraded - ages 2½-6

JERSEY CITY
Hudson County

DESCRIPTOR: Nutrition education for low income day care center children, ages 2½-6, and their families.

OVERVIEW: Addressing 65 Protective Service Designated children, ages 2½-6, and their families, the program attempted to develop food and nutrition practices fundamental to their good health and well being. Coming from impoverished families, PSD children are often the victims of improper nutrition which impedes other aspects of their development (emotional, social, intellectual and physical). New foods of different cultures were introduced. Parents were encouraged to participate in a monthly nutrition program at the Day Care Center, which provided assistance in budgeting and menu planning and demonstrated new ways to cook new varieties of foods. The children's activities throughout the year were recorded in a film which together with other material purchased and developed, is now part of a "Nutrition Education Kit" for future nutrition education.

FUNDING: $4,120.00

CONTACT PERSON: Filomena Dirige, Bergen Avenue Day Care Center, 604 Bergen Avenue, Jersey City, N.J. 07304 (201) 333-0280

JERSEY CITY CHILD DEVELOPMENT CENTERS

Grade - Pre-school

JERSEY CITY
Hudson County

DESCRIPTOR: Increased parental participation and nutrition knowledge through development of a Nutrition Resource Center serving inner city pre-schoolers and their parents

OVERVIEW: In order to increase parent participation in school and to provide nutrition education for all members of the family, a Nutrition Resource Center was established containing printed and audio-visual materials on nutrition and health to be used for 516 inner city, pre-school children, parents and staff. The materials were incorporated into the children's curriculum; provided the basis for parent nutrition education workshops; and became part of a "lending library" for parents to use at home with their children. Parents were also involved in classroom nutrition activities such as cooking experiences, reading stories, planting seeds, etc.

FUNDING: $4,850.00

CONTACT PERSON: Elaine M. Neves, Jersey City Child Development Centers, 140 Belmont Avenue, Jersey City, N.J. 07304 (201) 332-3400.

DARTS MILL DAY CARE CENTER (DYFS)

Ungraded - ages 2-8

FLEMINGTON
Hunterdon County

DESCRIPTOR: Gardening and cooking experiences for day care center children, ages 2-8

OVERVIEW: The program enabled 70 day care children, ranging in age from 2 to 8, whose contact with fresh food had been minimal, to learn about fruits and vegetables by participating in all stages of their growth. Activities included preparation of soil; mapping out the space by rows and areas; sowing; planting; cultivating and harvesting vegetable plants, berry bushes and fruit trees; and informal discussions relating health to nutrition. Each child worked in the garden and orchard daily. Crops both raw and cooked were eaten by the children for breakfast, lunch and snacktime, and were served to parents at monthly family dinners. The children participated effectively and enthusiastically in meeting one of their own basic needs.

FUNDING: $765.00

CONTACT PERSONS: Nancy Garland Keep, Darts Mill Day Care Center; Rte. 523, Box 96A, Flemington, N.J. 08802 (201) 782-0200
Fred Sigafoos, Division of Youth and Family Services, 1 S. Montgomery Street, Trenton, N.J. 08625.

UNIVERSITY - N.O.W. DAY NURSERY

Grade - Pre-school, (ages 2-6)

PRINCETON
Mercer County

DESCRIPTOR: Nutrition activities for pre-schoolers, ages 2-6, in a day care center, with establishment of a nutrition education library for community use.

OVERVIEW: Serving 72 pre-schoolers, ages 2-6, the day care center helped the children become more aware of the connection between nutritious food and their own personal health and growth. It also stimulated greater communication concerning good food between staff and the rest of the school community - parents, adminstrators and food service personnel. These goals were accomplished by activities which included puppet making, films, song and dance, and actual cooking and eating experiences in the classroom. A nutrition library was initiated containing films as well as printed materials for use by the entire community; and a bulletin board was maintained to inform the adult community of the children's daytime activities relating to nutrition and health.

FUNDING: $1,208.00

CONTACT PERSON: Ronn Koepple, University-N.O.W. Day Nursery, 171 Broadmead, Princeton, N.J. 08540 (609) 942-4214

YWCA CHILD DEVELOPMENT CENTER

TRENTON
Mercer County

Grade - Pre-school
(ages 2½-5)

DESCRIPTOR: Nutrition education for pre-schoolers, ages 2½-5, in a day care center, through cooking experiences, field trips, and compilation of a cookbook.

OVERVIEW: In a day care center serving pre-school children, ages 2½-5, the program was designed to provide a rich and varied background of different foods within the food groups. Hands-on experiences and field trips taken for each of the food groups were combined with a series of weekly cooking lessons. These lessons were compiled into a cookbook, which was distributed to the families at a dinner for them which the children helped prepare at the end of the program. New foods were introduced wherever possible and good eating habits were stressed. Trip sites included a dairy farm, apple orchard, pumpkin field, supermarket, butcher, and a restaurant to see food preparation and storage. The cookbook developed contained, in addition to the actual recipes prepared by the children, a coloring sheet for each of the food groups, a list of cooking terms and a list of skills developed through cooking.

FUNDING: $975.00

CONTACT PERSON: Lynda Sanecki, YWCA Child Development Center, 140 E. Hanover St. Trenton, N.J. 08608 (609) 586-5552 Program address: Grace St. Paul's Episcopal Church, East State Street, Trenton, N.J. 08619

SOUTH COUNTY DAY CARE CENTER

JAMESBURG
Middlesex County

Grade - Pre-school

DESCRIPTOR: Nutrition education and cooking experiences for pre-schoolers and their parents through four workshops.

OVERVIEW: The program provided a series of four one-day workshops on child and family nutrition for parents and their pre-school children. The workshops took place on Saturdays, once a month, and included lunch. Besides teaching techniques of basic nutritional food preparation, buying and storing tips, kitchen organization and sanitation, the workshops involved parents in cooking with youngsters, eating family style meals, setting table, and cleaning up together. While the parents took part in instruction and discussion, the children's activities in the classroom centered on nutrition education, healthy dietary habits and simple food preparation.

FUNDING: $1,000.00

CONTACT PERSON: Gail Anthony, South Country Day Care Center, 177 Gatzmer Avenue, Jamesburg, N.J. 08831 (201) 521-1020

COOPERATIVE NURSERY SCHOOL ASSOCIATION, INC.

KENDALL PARK
Middlesex County

Grade - Pre-school, (ages 3-5)

DESCRIPTOR: Nutrition program for pre-schoolers, ages 3-5, including luncheon preparations, parental involvement and preparation of two cookbooks.

OVERVIEW: Addressing 102 pre-school children, ages 3-5, the program taught them wise nutrition habits and choices through weekly experiences in menu planning and snack preparation and periodic food purchasing trips. Active involvement in nutritionally sound experiences, both at school and at home effected attitude changes regarding many foods that had not been appealing. Activities included learning the four food groups; planning snacks; planting, growing, harvesting and preserving vegetables; visiting a farm, farm market, orchard, grocery store and bakery; involving parents and community members in the nutrition project; preparing and serving two luncheons, at mid-year and year-end. Experiences were provided in many disciplines: language and communication, science, art, social studies, and math. Throughout the year, parents were involved in the program. Materials developed include a monthly newsletter containing informative articles written by a home economics teacher and two recipe booklets distributed to families and community members, one cookbook containing recipes for the Fall Harvest Luncheon, and the second booklet containing recipes for the Spring Luncheon.

FUNDING: $1,690.00

CONTACT PERSON: Lila Engel, Cooperative Nursery School Association, Inc. Box 5005, Kendall Park, N.J. 08824 (201) 297-2697

NEW BRUNSWICK SCHOOL DISTRICT

Middlesex County

Grade - Pre-school (age 4)

DESCRIPTOR: Cooking experiences for pre-schoolers in public school as introduction to basic skills, with parental involvement.

OVERVIEW: Designed for 30 inner city pre-school 4-year-old children enrolled in the public school, the program used the introduction to foods as the avenue to basic skills in communications, science, social studies and art. The children of multiethnic backgrounds were exposed to new and nutritious foods as a significant part of their education. Through weekly newsletters, recipes, and samples of their culinary skills, the children shared their educational activities with their families. Activities included preparing, cooking, and sampling many new and familiar foods. Materials developed include newsletters, illustrated sample recipes, a curriculum guide and parent questionnaire, all designed to make the home an extension of the school's activities.

FUNDING: $869.00

CONTACT PERSON: Constance Watkins, Livingston Elementary School, 206 Delavan Street, New Brunswick, N.J. 08901 (201) 745-5163.

IMMACULATE CONCEPTION DAY CARE AND CHILD DEVELOPMENT CENTER

EATONTOWN

Monmouth County

Grade - Pre-school (ages 2½-5) bilingual

DESCRIPTOR: Nutrition education for bilingual pre-schoolers, ages 2½-5, to reduce plate waste and increase English vocabulary; cookbook compiled.

OVERVIEW: Addressing 80 bilingual, lower socio-economic, pre-school children, ages 2½-5, the program had two major objectives; instilling good eating habits and eliminating or significantly reducing plate waste through a year round nutrition education curriculum. Through language development to support and improve their English language skills, the children were able to communicate to their families and friends their knowledge of good nutrition. As a result, the children now eat better foods as well as speak and comprehend better English. The program included traditional classroom activities; audio-visual aids; hands-on projects and experiments; field trips to farms and food stores; and a weekly cooking session which encouraged the children to try new foods and to speak new words. The final project was a cookbook made by the children which includes their favorite recipes. In addition to the cookbook, curriculum guides were developed by the staff.

FUNDING: $3,429.00

CONTACT PERSON: Rev. Manuel Fernandez, Immaculate Conception Day Care and Child Development Center (under auspices of Monmouth County Spanish Affairs Council), 64 Broad Street, Eatontown, N.J. 07724 (201) 544-1466.

PARSIPPANY CHILD DAY CARE CENTER

PARSIPPANY
Morris County

Grade - Pre-school, ages 3-5

DESCRIPTOR: Nutritional learning and play activities through games, tasting parties and cooking experiences.

OVERVIEW: The program enabled 55 pre-schoolers, ages 3-5, to participate daily, for four weeks, in various nutritional learning and play activities both in the classrooms as well as in free play periods. They learned the four basic food groups, where the food originated, how these groups help keep our bodies healthy, and how a wide selection of foods from each group gives us many choices and healthy combinations. Activities included drawing, coloring, cutting, pasting, sewing, matching stencils, matching games, tasting parties, food preparation, cooking experiences; a play supermarket was set up to encourage wise food selection and to develop food shopping habits. Finally, each child's activities were compiled into a booklet, which included nutrition take-home cards, with his or her photograph on the front cover. Materials developed by the teachers included matching stencils, fruit and vegetable stencil puzzles, and a farm stencil enabling children to draw themselves on a farm. Pictures of food mounted on cardboard provided a "musical food"game similar to musical chairs, food card matching and classification games.

FUNDING: $2,150.00

CONTACT PERSON: Dianne L. Latona, Parsippany Child Day Care Center, 300 Baldwin Road, Parsippany, N.J. 07054 (201) 887-8552.

PARSIPPANY CHILD DAY CARE CENTER

PARSIPPANY
Morris County

Grade - Pre-school, ages 3-5

DESCRIPTOR: Vegetable gardening for pre-schoolers, ages 3-5, with harvesting and cooking experiences.

OVERVIEW: The program, entitled The Summer Garden Project, enabled 55 pre-school children to plant, care for, harvest, and taste a variety of vegetables throughout the summer. These first-hand experiences increased the children's awareness of plant growth, origins of food and healthy nutritional concepts. Activities included preparation of the garden by tilling and raking; planting the seeds which were discussed and identified; weeding and watering the garden; observing daily growth; reaping the harvest; sampling a variety of vegetables, both raw and cooked; cooking the vegetables in different ways; and learning how vegetables are healthy for our bodies. Classroom activities, centering on vegetables, included painting, collaging, chalking, crayoning, drawing, playing games, and listening to garden stories. In addition, each child compiled a booklet of the garden activities with a photograph of himself/herself on the cover to take home and share with the family. Materials developed include, in addition to the booklets, a game constructed by the teacher, "Tape the Green Bean on the Beanstalk", similar to "Pin the Tail on the Donkey".

FUNDING: $370.00

CONTACT PERSON: Dianne L. Latona, Parsippany Child Day Care Center, 300 Baldwin Road, Parsippany, N.J. 07054 (201) 887-8552

ROXBURY DAY CARE CENTER, INC.

ROXBURY TOWNSHIP
Morris County

Grade - Pre-school

DESCRIPTOR: Nutrition education for pre-schoolers emphasizing food choices, food preparation skills, and recipe booklets.

OVERVIEW: Sixty pre-school children in the program learned basic nutrition through ego-building activities resulting in tangible products such as booklets and dinners, which carried into the family the nutritional knowledge gained. The children learned food choices and food preparation skills through classroom activities, field trips and meals prepared jointly with parents. Additional support was given each child through film presentations and photos showing each child's involvement during the course of the program. Booklets were made which the children took home, with photos depicting their participation. Other materials developed include a curriculum for pre-school children available for distribution.

FUNDING: $2,880.00

CONTACT PERSON: Barbara E. Drake, Roxbury Day Care Center, Inc., Eyland and Unneberg Avenues, Succasunna, N.J. 07876 (201) 584-3030.

SUGAR 'N' SPICE NURSERY SCHOOL, INC.

SUCCASUNNA
Morris County

Grade - Pre-school, ages 3-5

DESCRIPTOR: New snacking experiences for pre-schoolers, ages 3-5, with parental cooperation.

OVERVIEW: The program enabled 100 pre-school children, ages 3-5, to expand their knowledge and variety of food items while giving attention to cultural, religious and actual preferences within their backgrounds. The children were involved in the discovery of food origins, the preparation of snacks, exploration of unfamiliar foods and the production of graphic illustrations of their nutritional encounters. They ate in a family setting to develop social skills relating to foods. Parents were encouraged to participate in the activities through involvement in field trips, preparation of snacks and tasting the snacks the children prepared for a special "Parents' Night". Many new snack items were tried both in a raw and cooked state, and ethnic and cultural foods were shared. Trips taken included a dairy farm, apple orchard and pumpkin farm.

FUNDING: $2,250.00

CONTACT PERSON: Nancy Chontow, Sugar 'n' Spice Nursery School, Inc., 215 South Hillside Avenue, Succasunna, N.J. 07876 (201) 584-5666.

OCEAN COMMUNITY ECONOMIC ACTION NOW, INC.
OCEAN COUNTY HEAD START

TOMS RIVER
Ocean County

Grade - pre-school ages 3-5

DESCRIPTOR: Nutrition information for pre-schoolers in Head-Start, ages 3-5, through an original cartoon character, Safety Sam, developed in three books and two filmstrips.

OVERVIEW: The program introduced nutrition to pre-schoolers, ages 3-5, as an integral part of their daily curriculum through the use of books, filmstrips and puppets. An original cartoon character, Safety Sam, was used successfully in teaching health, safety and nutritional topics. Parent participation in the classroom and the use of library books helped disseminate nutrition information to the children's families as well. The program stressed the concept that sound nutrition is a basic daily activity rather than an isolated subject. Materials developed include: three books entitled, "Sam Munches His Way Through the Alphabet", "Yummies for My Tummy: Sam's Cookbook", and "Dear Friends...This is the Story of Safety Sam," used to introduce home safety with cooking and nutrition data. Puppets of Safety Sam and two filmstrips, "The Special Stew" and "Why 4?" were also made.

FUNDING: $2,630.00

CONTACT PERSON: Mary Carpinelli, Ocean County Head Start, 40 Washington Street, Toms River, N.J. 08753 (201) 244-5333.

CONCERNED PARENTS FOR HEAD START

PATERSON
Passaic County

Grade - Pre-school, age 4

DESCRIPTOR: Cooking activities and field experiences for Head-Start children, age 4.

OVERVIEW: The program provided a class of 25 children, age 4, with food and nutrition activities designed to teach them nutritional practices, increase their awareness of the variety of available foods, and offer cooking experiences. This was accomplished through field trips to places where food is grown, marketed and processed and through food preparation and cooking activities. Specific activities for the children included: planning, purchasing and cooking food each week; visiting assorted markets (poultry, fish, fruit and vegetable, bakery); planting and harvesting crops; visiting an apple farm and making applesauce from the apples picked. Appropriate math and science concepts were also included. Parents volunteered to cook for the parent meetings held each month. Materials developed include four posters for display and instruction depicting each food group, and a recipe booklet for use with young children containing not only simple recipes in the four food groups but also guides to cooking with children and recommended supporting activities.

FUNDING: $1,000.00

CONTACT PERSON: Margaret E. Dobbs, Concerned Parents for Head Start, 87-99 Clinton Street, Paterson, N.J. 07522 (201) 942-1626.

PRESBYTERIAN PRESCHOOL PROGRAM

BOUND BROOK
Somerset County

Grade - Pre-school ages 3-4

DESCRIPTOR: Snack recipes and cookbook-calendar developed by pre-schoolers, ages 3-4, for improved family nutrition.

OVERVIEW: The program provided 60 pre-school children, ages 3-4, with hands-on activities in preparing and consuming their own nutritious snacks. The cooking experiences enhanced their self-esteem, exposed them to new foods, and increased their enjoyment of familiar foods. The children also created a cookbook-calendar which included information on proper nutrition for pre-school children, recipes for family use, and other interesting food facts. Every month a new calendar page was given to each parent. The calendar was designed to motivate the family toward more nutritious eating habits. A pre-post questionnaire given to the parents indicated an overwhelming positive response to the cookbook calendar with its information on food groups and recommended servings for pre-schoolers.

FUNDING: $1,170.00

CONTACT PERSON: Sue Daniel, Presbyterian Preschool Program, 121 East Union Avenue, Bound Brook, N.J. 08805 (201) 469-5291.

SOMERSET COUNTY DAY CARE CENTER

RARITAN
Somerset County

Grade - Pre-school, ages 3-5

DESCRIPTOR: Cooking experiences for pre-schoolers ages 3-5, with recipes compiled in a cookbook.

OVERVIEW: The program enabled 45 pre-school children to understand the need for a daily balanced diet by developing a cookbook guide of sound nutritional recipes. The children were involved in hands-on cooking experiences, with reinforcement through filmstrips, flannel board activities, puzzles, posters and field trips. They prepared their own breakfasts, lunches, and snacks with emphasis on fresh fruits and vegetables, and, through parent and staff involvement, were introduced to ethnic foods. Field trips were also taken to a dairy farm and a pizza restaurant. The cookbook which was developed by the children contained all the recipes made by them and eaten at mealtimes, for use at home as well as at school.

FUNDING: $1,000.00

CONTACT PERSON: Kathryn L. Krauth, Somerset County Day Care Center, 816 Old York Road, Raritan, N.J. 08869 (201) 722-6789.

CREATIVE NURSERY SCHOOL OF THE JEWISH COMMUNITY CENTER OF SOMERSET COUNTY

SOMERVILLE — **Grade - Pre-school, ages 2-5**

Somerset County

DESCRIPTOR: Ethnic nutrition activities for pre-schoolers, ages 2-5, highlighted by a nutrition circus and a cookbook "On Beyond Peanut Butter".

OVERVIEW: The program exposed 90 pre-school children, ages 2-5, to a wide variety of nutritious foods, both familiar and unfamiliar, especially foods which reflect the varied national, religious and ethnic cultures represented in the school's population. Elements of good nutrition were taught through concrete experiences in growing, purchasing, preparing and cooking foods. Music, art, stories and a dramatic play reinforced nutritional concepts, encouraged the children to try new foods, increased language competence, enhanced their self-esteem, and promoted carryover of learned information to the home. Parental involvement was high. The program culminated in a nutrition circus, held for the parents and the community, which featured a performance by Waffles the Clown, a nutrition specialist. Materials developed include the Haggadah, written for the childrens Passover Seder to which parents and Golden Agers were invited, and a cookbook entitled "On Beyond Peanut Butter" which was sold at the nutrition circus.

FUNDING: $4,104.00

CONTACT PERSON: Barbara Shaw, Creative Nursery School of the Jewish Community Center of Somerset County, 11 Park Avenue, P.O. Box 874, Somerville, N.J. 08876 (201) 725-2231.

HOPATCONG BOROUGH SCHOOL DISTRICT

Sussex County — **Grades - Pre-first and first**

DESCRIPTOR: Nutrition education experiences for children, pre-first and first grades, with stress on eliminating "junk" foods.

OVERVIEW: Addressing 125 pre-first and first grade children, many with significant learning and/or behavior problems and poor eating habits, the program stressed the four food groups, the necessity of eating a balanced diet, and the detrimental effects of eating too much sugar and "junk" food, both at meals and as snacks. The children took field trips, worked in a cooking lab, prepared and tasted foods, created recipes and menus for snacks and light meals to be put in a cookbook, and helped create nutrition filmstrips, sound-slide tape productions. Their efforts were presented to their parents and to the other children in an assembly. The program improved math and descriptive language and developed fine-motor control through food preparation and drawing and painting their experiences.

FUNDING: $2,205.00

CONTACT PERSONS: Elaine McCann and James F. Clark, Tulsa Trail Elementary School, Box 1029, Hopatcong, N.J. 07843 (201) 398-8800, ext. 37.

SUSSEX COUNTY CHILD DAY CARE CENTER

NEWTON
Sussex County

Grade - Pre-school and kindergarten

DESCRIPTOR: Nutrition activities for pre-schoolers and kindergartners, with emphasis on nutritious breakfasts, lunches and snacks.

OVERVIEW: The program enabled 40 pre-schoolers to include foods from the four basic food groups in their breakfasts, lunches and snacks. Many new and ethnic foods were served, and fresh fruits and vegetables substituted for the canned or frozen varieties. When food was prepared in the classroom, each child cooked his own portion. Activities included the use of films, books, flyers, posters, puppet shows, pictures cut out by the children, games, daily discussion of lunch menus, preparation and consumption of vegetables and fruits. Children compiled their own nutrition booklet using cut-outs from magazines, and their own drawings and colorings of food items. Materials developed include a list of snacks for children, guide for nutrition work for children in the classroom, compilation of library and research papers for staff and parents, a teachers' manual on nutrition and a parents' manual on nutrition.

FUNDING: $932.00

CONTACT PERSONS: Ruth E. Baylis and Edwin F. Smith, Sussex County Day Care Center, 111 Ryerson Avenue, Newton, N.J. 07860 (201) 383-4460.

WESTMINSTER NURSERY SCHOOL

BERKELEY HEIGHTS
Union County

Grade - Pre-school, ages 3-5

DESCRIPTOR: Education in nutritional snacks, with cooking experiences, for preschoolers, ages 3-5.

OVERVIEW: Addressing 60 pre-school children ages 3-5, the program was designed to develop proper eating habits through a multi-disciplinary approach which introduced the basic concepts of good nutrition and encouraged participation in hands-on learning experiences. The objectives were to foster awareness of good food as differentiated from "junk" food, to experiment with unfamiliar food; to prepare nutritious snacks thereby enhancing self-image; and to involve the parents in building good nutritional habits. Science and math were included in the instruction, and visits were made to an apple orchard and a dairy farm. Materials developed include a curriculum, parental evaluation sheet, parental notification material, and news releases.

FUNDING: $930.00

CONTACT PERSON: Marjorie Ogle, Director, Westminster Nursery School, 576 Plainfield Avenue, Berkeley Heights, N.J. 07922 (201) 464-9400.

JEFFERSON PARK DAY CARE CENTER

ELIZABETH
Union County

Grade - Pre-school and kindergarten

DESCRIPTOR: Vegetable gardening and cooking by day care pre-schoolers and kindergartners, with development of mini-cookbook and demonstration for parents.

OVERVIEW: With a stress on vegetable nutrition, the program provided 87 pre-school and kindergarten children in an urban, multi-racial and multi-ethnic day care center with an awareness of alternate foods to supplement their regular diet. Activities included both indoor and outdoor vegetable gardening, classroom cooking experiences, field trips to a nature trail and Rutgers University, and assorted arts and crafts activities. Nutritionally sound vegetable dishes prepared by the cook augmented the children's preparations. The children's experiences were shared with parents in a demonstration meeting, a culminating event, which featured vegetable dishes and a presentation of a mini-cookbook. Active involvement in all stages of the program increased the children's taste and enjoyment of vegetables. Materials developed include a series of charts on vegetables and their gardening, a mini-cookbook, and photographs illustrating the progress of the program.

FUNDING: $555.00

CONTACT PERSON: Bonnie L. Pauska, Jefferson Park Day Care Center, 485 Madison Avenue, Elizabeth, N.J. 07201 (201) 354-2266.

KEAN COLLEGE DAY CARE CENTER

UNION
Union County

Grade - Pre-school, ages 2-5

DESCRIPTOR: Plate waste reduction through cooking experiences for pre-schoolers, ages 2-5, who help prepare their own lunches.

OVERVIEW: Designed to reduce plate waste, the program enabled the children to become actively involved in the preparation of their own lunches. The children learned to use the equipment necessary for cooking; were exposed to different foods; learned the difference between raw and cooked vegetables; and tasted many different kinds of foods which they helped to prepare. Plate waste was significantly lower on the days the children cooked the food, since their own activities in its preparation encouraged them to eat the lunches served.

FUNDING: $246.00

CONTACT PERSON: Mary Swartzmiller, Kean College Day Care Center, Kean College, Morris Avenue, Union, N.J. 07083 (201) 527-2075.

UNION TOWNSHIP SCHOOL DISTRICT

Union County

Grade - Pre-school, ages 3½-4

DESCRIPTOR: Nutrition and cooking experiences for pre-school - Head Start children, ages 3½-4, with cookbook compilation.

OVERVIEW: The program enabled seven classes of pre-school children, ages 3½-4, in a Headstart program to learn about good nutrition through food-preparation experiences in their classrooms. Children, parents and staff members together selected and prepared appealing and nutritious recipes for breakfast, lunch and snacks. These were compiled into a recipe/meal planning guide, distributed to the children and their families, which included menus, helpful hints for planning nutritious meals, and the classroom tested recipes. The program also indicated that the children were more apt to try new foods when they helped prepare them.

FUNDING: $3,126.00

CONTACT PERSON: Vernell Wright, Union Township Pre-school/Headstart Program 2369 Morris Avenue, Union, N.J. 07083 (201) 688-1200, ext. 255.

CENTENARY COLLEGE

HACKETTSTOWN
Warren County

Grade - Pre-school, ages 3 and 4

DESCRIPTOR: Nutrition program for college demonstration pre-schoolers emphasizing knowledge and preparation of nutritious snacks and gardening; many materials developed.

OVERVIEW: Addressing 78 children, ages 3-4, in a college demonstration pre-school, the program provided activities related to food production, food preparation and general nutrition education. Individually or in small groups, the children prepared their own nutritious snacks everyday, used the pre-school's kitchen, grew some of their snack food in a large indoor garden, and prepared their own individual cookbooks. Emphasis was on food value and food origin concepts. Ethnic concerns were also included and other curricular areas, such as reading readiness skills, were secondary objectives. Interning teachers were responsible for direct instruction, and students enrolled in the college nutrition education course assisted in developing materials, setting up the garden and teaching some lessons. Parent involvement provided additional reinforcement. Activities included filmstrips, books, plant experiments relating to proper balance of nutrients, games, puppets, contribution of nutritious birthday snacks, etc., culminating in an end of year nutritious picnic with parents. Presentation of the program was made to various community and teacher groups; and the laboratory school was open to interested observers. Materials developed, available upon request, comprise: a curriculum; activity file card; sequenced pictoral recipe cards and charts and taped recipe sequences; various classification/discrimination games (board games, bean bag toss, matching; pocket games; classification of foods sequence with a Nutrition Nut puppet, Yum-Yum Tree, Junk Food Garbage Can and song "I'm a Nut"; book on dental health; slide tape presentation on food groups classifications; and a dairy farm slide-tape presentation.

FUNDING: $3,750.00

CONTACT PERSON: Donna Denker, Centenary College, 400 Jefferson Street, Hackettstown, N.J. 07840 (201) 852-1400.

NORTHWEST NEW JERSEY COMMUNITY ACTION PROGRAM, INC.
PHILLIPSBURG HEAD START & DAY CARE PROGRAMS

PHILLIPSBURG
Warren County

Grade - Pre-school, ages 3-5

DESCRIPTOR: Knowledge of vegetables and experience in vegetable production in a solar greenhouse, for preschoolers, ages 3-5.

OVERVIEW: Designed for 90 low income, disadvantaged, pre-school children, the program enabled them to become aware of food sources, to experience food production and preparation, to learn some basic facts of nutrition, and to develop a sense of accomplishment through their work with a solar greenhouse. The children helped to plan, plant, care for and harvest fruits and vegetables grown in the greenhouse; visited it weekly; and watched the growth of such foods as tomatoes, cucumbers, lettuce, radishes, carrots and green peppers. The program culminated in a salad bar luncheon which the children helped prepare for their parents, at which time a slide show was presented depicting their weekly activities in the greenhouse and in a garden outside the building. In addition to the slide show, a pamphlet was developed, "The Saving Ways of Home Food Production".

FUNDING: $880.00

CONTACT PERSON: Anita Linden, Northwest New Jersey Community Actio½n Program, Inc. - Phillipsburg Head Start and Day Care Programs, Old Firth School, Prospect Street, Phillipsburg, N.J. 08865 (201) 454-7000.

SECTION II - Grades Kindergarten - 6

ABSECON CITY SCHOOL DISTRICT

Atlantic County **Grades - K-3**

DESCRIPTOR: Nutrition education and cooking program for children, K-3, with development of cookbook, coloring book and slide-presentation.

OVERVIEW: Entitled HEALTH-TELL: FABULOUS FOODS, the program provided to children in grades K through 3 a knowledge of basic food groups, the relationship of foods to the cultures of foreign countries, growing plants, and the application of nutrition facts to the preparation of food at home. The children were also given the opportunity to prepare nutritious snacks to serve to the school population each Friday; to share information about good nutrition with local nursery schools; and to share snacks with parents at the Parent-Teacher Association meetings. By growing foods, students were able to apply knowledge of harvested foods to good nutrition.

Materials developed include: "Fabulous Foods for Kids" - a compilation of snack recipes prepared by the students for tasting by the school population; "The ABCs of Good Nutrition", a coloring book illustrating food alphabetically, for pre-school and kindergarten students; and a slide presentation, "Fabulous Foods for a Healthy You", in which students relate the needs for special food components in the diet to promote growth, energy and good health.

FUNDING: $3,700.00

CONTACT PERSONS: Elinore Abbott, H. Ashton Marsh School, Absecon, N.J. 08201. (609) 646-0175.

ABSECON CITY SCHOOL DISTRICT

Atlantic County **Grades - K-8**

DESCRIPTOR: Weight reduction program for obese youngsters grades K-8 involving knowledge of proper nutrition and exercise.

OVERVIEW: Addressing children in grades K-8 identified as obese (overweight by 20 to 40 pounds), the project was designed to change their eating and exercise patterns to bring about weight reduction. Activities included: weekly weigh-ins by the school nurse; weekly individual instruction, counseling and review of food consumption charts by the school psychologist and school nurse; an ongoing physical education program; individual prescriptions provided by the gym teachers to increase their physical activity; and monthly parent-child evening meetings which featured presentations by community persons and school staff. The program culminated in a low-calorie covered dish supper. The success of the program for the youngsters involved ensures its continuation after funding ceases.

FUNDING: $1,000.00

CONTACT PERSON: Jean Bunker, School Nurse, Emma C. Attales School, Webb Road & Irelan Avenue, Absecon, N.J. 08201 (609) 641-3329.

ATLANTIC CITY HOUSING AUTHORITY

Atlantic County **Grades - 6-13**

DESCRIPTOR: A 45-day summer child nutrition development program for low income, urban children, ages 6-13.

OVERVIEW: The Summer Child Nutrition Development Program enabled 100 low-income urban children, ages 6-13 to learn the importance of good nutrition and its effects on them. During the 45-day program, the children grew a vegetable garden; cooked and prepared meals; developed games, puzzles and coloring sheets; and produced a nutrition play. Two educational trips were taken to surrounding farmland areas, to vegetable, poultry and dairy farms. In addition, breakfast and lunch were served daily. The play, created and produced by the children, involved a nutritional concept and was presented to senior citizen groups in the area.

FUNDING: $1,530.00

CONTACT PERSON: Kathleen A. Velit, Atlantic City Housing Authority, 14 South California Avenue, Atlantic City, N.J. 08401. (609) 345-4229.

EGG HARBOR CITY SCHOOL DISTRICT

Atlantic County **Grades K-1 and Special Ed 1-3**

DESCRIPTOR: Weekly cooking experiences for children, K-1 and special education, 1-3, resulting in a cookbook.

OVERVIEW: The program enabled 90 kindergarten, first grade and resource room students of diverse cultural backgrounds to experience and accept new foods and nutritional values. The children's weekly cooking experiences resulted in a recipe book. Production of their own cookbook provided language development, math experiences and creative involvements. Enthusiasm ran high and parent reactions were positive. Other experiences included a nutrition play by the kindergartners based on the story "Stone Soup", the preparation of Christmas and St. Patrick's Day snacks for a senior citizens' program, a chart to promote language development, and exposure to diverse ethnic foods. The cookbook produced is available.

FUNDING: $2319.00

CONTACT PERSON: Debra Stevenson, Marietta Fattori and Tina McGowan, Buffalo Avenue School, 600 Buffalo Avenue, Egg Harbor City, N.J. 08215 (609) 965-0980.

VENTNOR CITY SCHOOL DISTRICT

Atlantic County **Grade 3**

DESCRIPTOR: Nutrition education for third graders, to eliminate plate waste and substitute good nutrition for "junk" foods, with recipe book compiled.

OVERVIEW: Noting that a majority of the third graders discard nutritious and well-balanced portions of their lunches, (such as vegetables, salads and fruits), replacing them with purchases of "junk" snacks, the program taught the students to identify the problem of plate waste, to understand the need for good nutrition and to develop the habit of eating nutritious foods. The children worked with a variety of audio visual material, spoke with school personnel involved with menu planning, took field trips, and prepared and tasted a variety of foods. They learned to write menus using four basic food groups, to evaluate their weekly diet, to differentiate between "junk" foods and those important for good health, to have "hands on" cooking experiences and to grow their own herb garden. Materials developed include a recipe book, menus, and surveys. Continuation of the program is planned.

FUNDING: $3,347

CONTACT PERSONS: Ann Solkin, Marianne Previti, Alma Ashmen and Carol Ditmire, Lafayette Elementary School, Lafayette & Balfour Avenues, Ventnor, N.J. 08406. (609) 822-2258.

HOLY TRINITY PARISH SCHOOL
HACKENSACK

Bergen County **Grades 5 and 6 (Science)**

DESCRIPTOR: Classroom nutrition education and kitchen cooking experiences for 5th and 6th grade science students, with production of cookbook and movies.

OVERVIEW: Designed to improve lunch habits, the program provided 100 fifth and sixth grade science students with the knowledge of basic nutrition involving the four food groups, and with experience in the preparation of proper foods. Activities in both classroom and kitchen comprised film-making, baking, cooking, poster making, recipe writing, cleaning up, and using health precautions in the kitchen. To conclude the program, the students prepared, served and enjoyed an International Buffet Supper for parents and teachers. The program resulted in a dramatic change in lunch choices by the students, and greater awareness of sound nutrition by the parents.
Materials developed include a school-wide cookbook of recipes tested by the children, posters, movies (three reels) of children preparing and serving meals, and food lists of common foods broken down into the four basic food groups

FUNDING: $2,627

CONTACT PERSON: Mary Cavada, Holy Trinity Parish School, 34 Maple Avenue, Hackensack, N.J. 07601. (201) 489-6870.

RUTHERFORD SCHOOL DISTRICT

Bergen County **Grades 4-8**

DESCRIPTOR: Nutrition Task Force comprising selected 4th through 8th graders, researching, preparing and presenting nutrition learning materials to other classes.

OVERVIEW: The program enabled 28 students representing each fourth through eighth grade class to learn the basics of good nutrition during weekly meetings conducted by the school guidance counselor. Forming a Task Force on Nutrition, the group researched good nutritional habits; created nutritional learning materials; made presentations to students in the classrooms and to the parents at a special PTA. meeting; and, with the help of parents, developed a nutrition center which stocked and sold nutritional snacks during the lunch break. In addition, a library collection of nutrition materials was established. Fundamentally, the program was based on research indicating that students are more readily influenced by their peers than by teachers and parents.

Materials developed include posters extolling good nutritional habits, prepared and displayed throughout the school by the students, a slide-cassette program, and a survey conducted by the school nurses and teachers to poll the eating habits of the students.

FUNDING: $998.00

CONTACT PERSON: James F. Warner, Union School, 359 Union Avenue, Rutherford, N.J. 07070. (201) 438-1864.

WOODCLIFF LAKE SCHOOL DISTRICT

Bergen County **Grades 1-8**

DESCRIPTOR: Cognitive and affective nutrition impact upon students, grades 1-8, through improvements in the cafeterias and establishment of cooking clubs.

OVERVIEW: By integrating the food services program with the health education curriculum, the program attempted to improve student attitude towards the food services program and to motivate them to eat nutritionally well-balanced meals. Communication and interaction between the food services staff and the instructional staff were enhanced. Decorative improvement of the cafeterias, through drapes and pleasant decor enhanced the students' view of them as dining rooms, with positive effects upon student behavior. Cooking clubs were organized, a recipe book was compiled, a salad bar was added, and posters were made for the poster contest. Overall, the students learned much about the importance of proper nutrition, were involved in the menu planning and contributed to the decorating of the cafeteria.

FUNDING: $3,000.00

CONTACT PERSON: Dr. Adrienne Vogrin, Dorchester School, Woodcliff Lake, N.J. 07675. (201) 391-6540.

BURLINGTON CITY SCHOOL DISTRICT

Burlington County **Grade 5**

DESCRIPTOR: Six-week nutrition education program for 5th graders with cooking experiences, luncheon for parents, and preparation of 106-page cookbook.

OVERVIEW: The concentrated six-week program encouraged 60 fifth grade students to practice basic nutritional values learned in the classroom. Activities were designed to integrate their nutritional studies with other disciplines and with food cooked and consumed in the home. Students kept a daily scorecard based on the "Nutrition Scoreboard" published by The Center for Science in the Public Interest. From each of the three classes, a "winner" or star eater of the week was selected, and his/her diet selections were displayed under a star in the classroom for one week. Throughout the six weeks, students prepared and served snacks to their classmates and teachers consisting of raw vegetables, fruits and nutritious drinks. The program culminated in a luncheon served to parents on two successive afternoons, at which time they were given a cookbook containing the recipes they had provided. All the teachers helped the students with the project. The 106-page Stacy School Cookbook contains, in addition to simple, enjoyable, nutritious recipes, a brief explanation of the scorecard method, measurements, and pictures.

FUNDING: $792.00

CONTACT PERSON: Mattilyn Rochester, Robert Stacy School, High and Belmont Streets, Burlington, N.J. 08016. (609) 387-2614.

EVESHAM TOWNSHIP SCHOOL DISTRICT

Burlington County

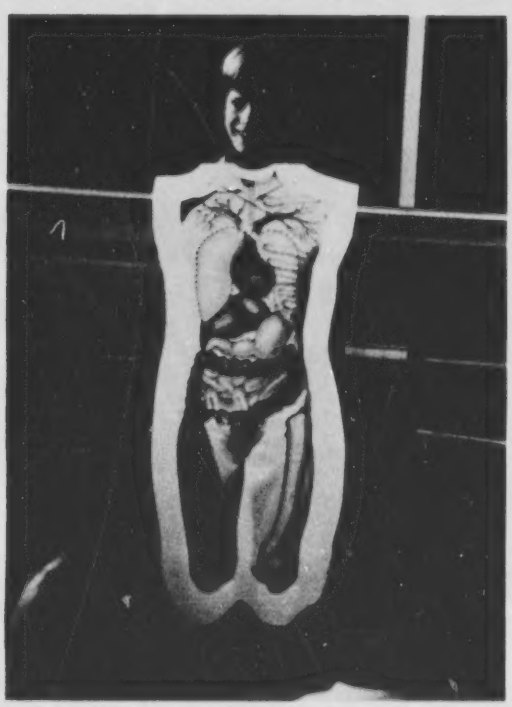
Grades 1-5, including Special Education

DESCRIPTOR: Nutrition education for an entire elementary school, grades 1-5, stressing hands-on experiences in cooking, sprouting, and growing foods.

OVERVIEW: Involving an entire elementary school of 450 pupils, ages 5-12 (including grades 1-5 and Special Education pupils), the program was designed to increase awareness of the 4 Basic Foods Groups and 6 kinds of nutrients as a basis for sound nutrition. Hands-on experiences stressed natural-foods cooking, sprouting, and growing. Students ground their own flour, using a variety of whole grains; sprouted alfalfa, mung and lentil sprouts, eating them during regular lunch periods; grew sunflowers, radishes and other fruits and vegetables, learning composting, planting and organic gardening techniques; and prepared snacks, party food and complete luncheons and breakfasts in conjunction with social studies units, combining the observance of holidays with nutrition education. Through label reading and nutritional analysis, they compared their foods with readily available commercial products, thereby practicing consumer awareness. In addition, books about natural cooking, gardening and nutrition were collected and placed in the library for use by the community. Although students took home recipes from each project, a large recipe booklet was never organized. Materials developed by the two supervisors included a 250 page curriculum distributed to each teacher in the school, which included lesson plans and information, activities and an extensive collection of recipes.

FUNDING: $4,958.00

CONTACT PERSON: Lynda Baloche and Nancy Jones, Van Zant School, Conestoga Drive, Marlton, New Jersey 08053. (609) 983-1800, ext. 271.



HAINESPORT SCHOOL DISTRICT

Burlington County **Grades K-8**

DESCRIPTOR: Nutrition education for students, grades K-8, with lunch preparation, reduced plate waste, and videotapes of lunchroom behavior.

OVERVIEW: Designed for 340 students in grades K-8, the program incorporated the school lunch program into the school curriculum. The students not only studied the importance of good nutrition but also participated actively in the planning of menus, observed the cafeteria staff as they prepared the meals, and filmed lunchroom activity during meals to see themselves objectively and to discuss how behavior affects their diet. The students were instructed in the importance of nutritional foods, of good table manners and eating habits, and of diet in producing a happier and healthier person. Films made of lunchtime and of interviews with cafeteria staff and teachers were shown to the entire student body and their parents. A student committee on nutrition was created to make recommendations to the administration and cafeteria staff. The program resulted in a significant improvement in student behavior and manners during lunch and in a noticeable reduction in plate waste.
The videotape developed was reused several times, and is planned for future use in the continuation of the program.

FUNDING: $3,110.00

CONTACT PERSON: Walter J. Keiss, Hainesport Public Schools, 211 Broad Street, Hainesport, N.J. 08036. (609) 267-1316.

MEDFORD LAKES SCHOOL DISTRICT

Burlington County **Grade 1**

DESCRIPTOR: Nutrition education for first graders, with food preparation, resulting in student made cookbook.

OVERVIEW: The program was designed to teach a class of 28 first grade children the importance of good nutrition in meals and in snacks. The children not only learned about nutritious food but also planned and prepared a sugarless snack or meal weekly, grounding flour and baking bread as well. Parents helped in the food preparation and serving. The year's effort resulted in a student-made cookbook presented to each mother as a Mother's Day gift.

FUNDING: $965.00

CONTACT PERSON: France Balocha, Neeta Elementary School, Neeta Trail, Medford Lakes, N.J. 08055. (609) 654-5155.

MEDFORD TOWNSHIP SCHOOL DISTRICT

Burlington County **Grades 1-5**

DESCRIPTOR: Nutrition education for students, grades 1-5, with cooking practice for lunchroom meals, resulting in cookbook and reduction in plate wastes.

OVERVIEW: Designed for students in grades 1 through 5, the project had a twofold thrust: first, a formal nutrition education curriculum introduced to all students; second, a practical application, wherein the children planned, prepared and served a nutritious food item to their classmates during a lunch period. Each class selected the recipe to be prepared. Focusing on foods served in the lunch program helped reduce plate-waste. A cookbook was compiled which included all the recipes made by the children throughout the year. The book was distributed to each child the last week of school.

FUNDING: $1,000

CONTACT PERSONS: R. Deldr and Joanne McCracken, Haines School, Stokes Road, Medford, N.J. 08055. (609) 654-4056.

MOORESTOWN FRIENDS SCHOOL

Burlington County **Grades 1 and 2**

DESCRIPTOR: Nutrition education for first and second graders, emphasizing study of function and structure of their digestive systems.

OVERVIEW: The program was designed to heighten the nutritional awareness of 80 first and second graders (in five classrooms) and to encourage them to seek out beneficial and healthful foods. Administered cooperatively by teachers, parents and the school dietitian, the project enabled the children to learn about their bodies, realize the benefits of a variety of foods, and plan healthy and appealing meals. The children became familiar with the function and structure of their body systems by studying life size models and constructing their own digestive system models. They also investigated trade books, heard parent guest speakers and participated in the planning of the school cafeteria menu. Materials developed include classroom worksheets created by teachers, students and parents.

FUNDING: $1526.00

CONTACT PERSON: Sandy Wang, Moorestown Friends School, Page Lane, Moorestown, New Jersey 08057. (609) 235-2900.

NORTH HANOVER TOWNSHIP SCHOOL DISTRICT

Burlington County **Grades K-5**

DESCRIPTOR: Nutrition education and activities for elementary students, grades K-5, including field trips and food preparation.

OVERVIEW: The program was designed to enlighten approximately 1200 elementary school students regarding the components of a nutritious meal. Through field trips, classroom experiences and active participation in the preparation of meals and snacks, children became more conscious of healthy foods. Approximately one hour a week was spent on a variety of activities which motivated the children to develop good choices of foods, and, in turn, made their parents more conscious of proper eating. Activities included trips to supermarkets, food stores, local produce farms, nurseries and green houses, and making filmstrips, posters and ditto sheets. Nutrition units were developed for the program.

FUNDING: $5,000.00

CONTACT PERSON: Joseph F. McDonald, McGuire School #1, McGuire Air Force Base, New Jersey, 08641. (609) 723-3050.

CHERRY HILL TOWNSHIP SCHOOL DISTRICT

Camden County **Grade-Kindergarten**

DESCRIPTOR: Nutrition education for kindergartners, stressing snack preparation and food identification.

OVERVIEW: Project THINK (Teaching Helps Improve Nutrition in Kindergarten) was designed to introduce wholesome nutritious snacks into the diet of 45 kindergarten children, in place of their junk food, and to acquaint them with new food that have eye and taste appeal. One day each week, using the equipment in the kindergarten kitchen, the children prepared a planned snack. Because the morning class had many foreign children with a language barrier, the emphasis was on food identification; through games and activities, the children were able to identify many new foods. The afternoon class was better able to work with the basic food groups. Materials developed, in addition to recipes, include a game modeled after Bingo entitled Foodo, which proved to be an effective learning tool for the youngsters.

FUNDING: $880.00

CONTACT PERSON: Norma Whitcraft, Joyce Kilmer School, Chapel Avenue, Cherry Hill, N.J. 08002. (609) 667-3903.

GLOUCESTER CITY SCHOOL DISTRICT

Camden County **Grades 5 and 6**

DESCRIPTOR: Districtwide nutrition education program for 5th and 6th graders, with in-service training and curriculum guide provided to teachers.

OVERVIEW: With no organized nutrition education programs throughout the school district, the program enabled approximately 100 5th and 6th graders to enhance their concepts and increase their self-sufficiency concerning food selection and purchase, consumer choices, and decisions at home, school and the market. The program also provided inservice training to the individual classroom teachers, thereby producing an ongoing effective education program for both student and teacher. Through a pre-post test administered, all students showed increased knowledge in comparison food shopping, techniques, advertising, and consumer awareness in the market.
A curriculum guide with sample lessons was developed for use by the classroom teacher, to be adapted to individual classes. The program was implemented during four classes a week throughout the school year.

FUNDING: $4,200.00

CONTACT PERSONS: Dorothy Yunghans and Carol Rachfalski, Gloucester City Board of Education, Cumberland and Joy Streets, Gloucester City, N.J. 08030. (609) 456-3374.

HADDON HEIGHTS SCHOOL DISTRICT

Camden County **Grades 1-3 and community**

DESCRIPTOR: Nutrition education, cooking experiences and class trips for first to third graders, involving parents and community.

OVERVIEW: Project SPAN (Sensible Participation Affecting Nutrition) was designed to put into practice sound decision-making. The program served 66 pupils in the first, second and third grades, their parents and approximately 25 community members, including senior citizens. The children learned the basic food groups, where foods originate, the value of nutritious food versus "junk foods". They also preserved foods, had some cooking experiences, and took trips to farm sites. Such activities enabled them to attain a greater knowledge not only of food production and preparation, but also of their nutritional content. No original materials were compiled, but resources were used from cookbooks, teaching aids and available nutrition units and films.

FUNDING: $3,572.00

CONTACT PERSONS: Dorothy Sevast and Gloria Giordano, Atlantic Avenue School, Atlantic Avenue, Haddon Heights, N.J. 08035 (609) 547-0630.

LAWNSIDE SCHOOL DISTRICT

Camden County **Grade-Kindergarten**

DESCRIPTOR: Awareness and preparation of nutrition snacks by kindergartners, with different snack foods introduced daily.

OVERVIEW: The program facilitated the introduction into the kindergarten class of a different snack food daily, incorporated with the daily readiness lessons. By developing an awareness of the wide variety of snack foods that contribute to good health, the program stressed basic nutrition. In addition to preparing snack foods in class, the children also made a snack food alphabet and a collage of a variety of snacks. At year-end Kindergarten Graduation, the youngsters prepared and served to their parents a variety of nutritional snacks.

FUNDING: $1,000.00

CONTACT PERSONS: Althea Greer, D. Brenman and C. Davis, Lawnside School, 23 Warwick Road, Lawnside, N.J. 08045. (609) 547-2584.

OAKLYN SCHOOL DISTRICT

Camden County **Grade 4**

DESCRIPTOR: Nutrition education for fourth graders resulting in their production of a nutrition newspaper for grades 2, 3 and 5.

OVERVIEW: The program enabled 60 fourth graders to acquire basic nutrition facts and to understand the relationship between good health and eating nutritious foods. Using the cartoon character of "Ernestina Eatwell," the students put together a nutrition newspaper entitled "The Daily Apple" which was distributed to grades 2, 3 and 5. In addition to preparing and serving a nutritious snack for the class, the children also visited a supermarket and later discussed the effects of advertising on food choices. The program was implemented one-half hour per week for one semester.

FUNDING: $788.00

CONTACT PERSON: Leah Frank, Oaklyn School, Kendall Boulevard, Oaklyn, N.J. 08107. (609) 858-0335.

VOORHEES TOWNSHIP SCHOOL DISTRICT

Camden County **Grade-3**

DESCRIPTOR: Interdisciplinary nutrition education for third graders in science and social studies classes, with experience in cooking foreign foods.

OVERVIEW: Designed for third grade students, the interdisciplinary program incorporated into the science classes lessons on the four food groups and, into social studies, lessons on foods of foreign countries. Using the school kitchen as a lab, students prepared recipes from each of four countries studied, with the help of their teachers and the cafeteria manager. Parents were encouraged to assist in food preparation; and local newspapers were invited to observe the children cook and to interview the food services director. Each class of 25 students prepared food for 100 students. Posters they created were displayed in the classrooms and the cafeteria.

FUNDING: $390.00

CONTACT PERSON: Charlotte Fisher, Voorhees Board of Education, Evesham Road and Holly Oaks Drive, Voorhees, N.J. 08043. (609) 795-5878.

VOORHEES TOWNSHIP SCHOOL DISTRICT

Camden County **Grades-4 and 5**

DESCRIPTOR: Nutrition education combined with language arts for fourth and fifth graders through field trips, reading class research, and play presentation.

OVERVIEW: Addressing fourth and fifth graders, the program was designed to create interest in a variety of vegetables, thus eliminating tremendous plate waste experienced in the school lunch program. Students in the fifth grade reading class studied vegetables, researching their origins, myths, nutrition, growth and preparation; took field trips; tasted a variety of vegetables prepared in the school cafeteria; and, at the end of their extensive research project, presented a play about vegetables to fellow students, parents and faculty. The field trips provided students with first-hand experience in selecting and buying vegetables; the taste tests helped widen their acceptability of vegetables; and the integration of the study into the reading class emphasized essay writing, research techniques and audience participation. Slides were made of the cartoon posters of vegetables created by the students for their presentation; with script added, the slide-tape will be used in all the elementary schools in the district.

FUNDING: $2,975.00

CONTACT PERSON: Charlotte Fisher, Voorhees Board of Education, Evesham Road and Holly Oaks Drive, Voorhees, N.J. 08043. (609) 795-5927.

SEA ISLE CITY SCHOOL DISTRICT

Cape May County **Grades-4 and 5**

DESCRIPTOR: Nutrition education through breakfast preparation and food purchase, grades 4 and 5, recipe book developed.

OVERVIEW: The project enabled fourth and fifth grade students to prepare and enjoy a nutritious breakfast once a month. Each child experimented with some new or different types of food. The breakfasts were made without the use of stove facilities, so that each child could duplicate the meal at home, with or without parental supervision. The children learned to read labels; purchased the food for preparation at the supermarket; discussed nutrients in the foods prepared; made a videotape of one meal, observing themselves later; and made a cookbook of the foods prepared and others to be tried at home.

FUNDING: $569.00

CONTACT PERSON: Karen Salvesen, Sea Isle City Public School, 4500 Park Road, Sea Isle City, N.J. 08243. (609) 263-8461.

UPPER TOWNSHIP SCHOOL DISTRICT

Cape May County **Grades - 1-8**

DESCRIPTOR: Salad bar established for grades 1-8 to provide nutrition education and reduce plate waste.

OVERVIEW: Based on studies showing that fruits and vegetables represent 90 percent of the plate waste in the schools, the project was designed to improve the situation. Involving approximately 800 students, grades one through eight, the program provided: a Do-It-Yourself Salad Bar offering a variety of fruits and vegetables; films presented in assemblies at all grade levels, featuring the four basic food groups; clean plate awards to encourage elementary students to try new foods; and creation of a Youth Advisory Committee to promote student input in menu planning and solving problems related to the school lunch program. The sixth grade home economics class made a special study of food groups, and four fruit baskets were awarded for the best notebooks. Nutrition posters from the fifth grades were judged, with fruit baskets and puzzle books awarded as prizes. The project culminated in Picnics Can Be Nutritious, an outdoor lunch served for grades one through five.

FUNDING: $1,473.00

CONTACT PERSON: Ethel Brubaker, Food Service Director, Upper Township School District, P.O. Box 158, Tuckahoe, N.J. 08250. (609) 628-2912.

UPPER TOWNSHIP SCHOOL DISTRICT

Cape May County **Grade-5**

DESCRIPTOR: Nutrition education incorporated into the 5th grade science curriculum, including nutritious snacks and menu planning.

OVERVIEW: Incorporated into the science curriculum, the project was designed to make 120 fifth grade students aware of the value of good nutrition and the importance of eating balanced meals. Beginning with an introduction to the four food groups, the students learned the importance of different nutrients; developed school lunch menus that satisfied the state requirements for a balanced lunch; made nutritious snacks for the mid-morning snack period; read food labels; designed posters encouraging good nutrition; and engaged in discussion groups. Parents reported the positive effect of the program at home, and the students learned to bring nutritious foods for snack periods instead of "junk" foods.

FUNDING: $535.00

CONTACT PERSON: Andrea Zinneman, Upper Township School District, Box 158, Tuckahoe, N.J. 08250. (609) 628-2912.

BRIDGETON SCHOOL DISTRICT

Cumberland County **Grades-3 and 4**

DESCRIPTOR: Hands-on nutrition curriculum for third and fourth graders involving parent and community resources for field trips.

OVERVIEW: Addressing third and fourth graders, the program provided a practical hands-on nutrition curriculum that involved parents and the community and could be adopted district-wide to supplement the health curriculum. The children were made aware of well-balanced meals; learned to prepare and choose nutritious snacks; experienced a wide variety of foods; and recognized that good nutrition goes hand-in-hand with good health. They were also exposed to many community resources, taking field trips to farms, dairies, a 4-H center, markets and restaurants. They developed many games and learning centers and shared a food show with parents and interested community members. Pre- and post-tests showed great improvement in nutritional knowledge and in the nutritional snacks brought to school. Materials developed include bulletin board displays, games and learning stations, and activities introducing the four food groups.

FUNDING: $2,532.00

CONTACT PERSONS: Barbara Van Meter, Mary Bacchini, Gayle Webb and Bonnie Meyers, Pearl Street Elementary School, Pearl St., Bridgeton, N.J. 08302. (609) 455-8030

WOODLAND COUNTRY DAY SCHOOL
BRIDGETON

Cumberland County **Grades 1-8**

DESCRIPTOR: Nutrition education for grades 1-8 through research and production of television series on basic nutrition.

OVERVIEW: The program was developed to motivate young children to learn about nutrition through television techniques. To counteract the appeal of junk foods in clever TV commercials, the program enabled 125 children and 15 faculty members to develop, perform and record on video cassettes a comprehensive nutrition lesson which was used at all levels in the school and made available to other schools in a two-county area. With the assistance of art and music teachers the children developed and enacted dramatizations of nutrition situations. A small group of upper-grade students learned to operate and maintain a TV camera, video cassette recorder and TV monitor. Final products developed include an hour-long tape containing 10-minute presentations of short plays, skits, etc., written and performed by the children in first through eighth grades, and an accompanying teachers' guide showing the contents of each segment and the age group for which it is designed. The project was presented to the Parents' Association for feedback and comments.

FUNDING: $2,725.00

CONTACT PERSON: Thomas G. Englert, Woodland Country Day School, Jericho Road, R.D. #3, Bridgeton, N.J. 08302. (609) 451-9546.

DEERFIELD TOWNSHIP SCHOOL DISTRICT

Cumberland County **Grades 1-8 (Supplemental)**

DESCRIPTOR: Nutrition oriented math and reading projects for pupils, grades 1-8, deficient in math and reading, and enrolled in supplemental classes.

OVERVIEW: The program enabled 62 pupils, grades one through eight, with deficiences in reading and math to participate in nutrition education projects which supplemented their reading and math lessons. Through this different approach to Supplemental Instruction, the students spent one hour a week on a nutrition-oriented math or reading project. Students also learned how to grow their own vegetables and to prepare many of the foods grown in their own community. Parents were invited to participate in an open-house each marking period to see demonstration lessons and to share their special recipes with the pupils. Such involvement enabled the pupils to continue learning at home by helping plan the family meals as well as nutritious snacks.

FUNDING: $2,110.00

CONTACT PERSON: Linda Ferrara, Deerfield Township Elementary School, Morton Avenue, Rosenhayn, N.J. 08352. (609) 451-4689.

MILLVILLE SCHOOL DISTRICT

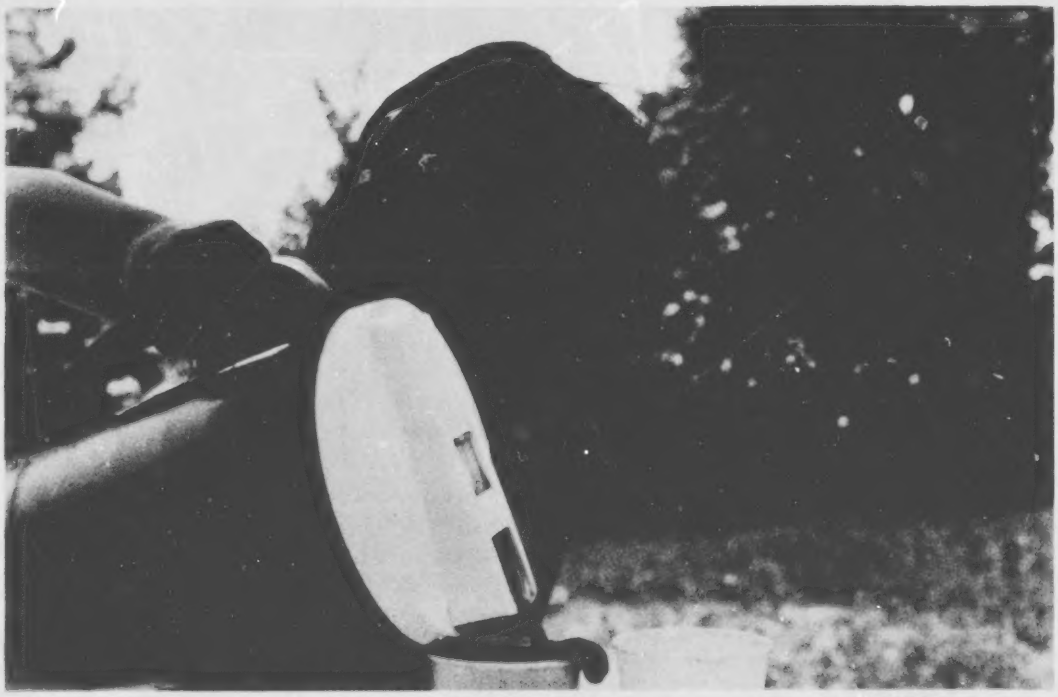
Cumberland County **Grade-3**

DESCRIPTOR: Interdisciplinary approach to nutrition for 3rd graders, involving all subjects, field trips and lectures.

OVERVIEW: Addressing third graders, the program provided a multi-disciplinary approach to nutrition education, introducing it in all subject areas during the year and using classroom teachers, art and music teachers, the school nurse and high school home economics students. Science units stressed the natural origins of foods, the basic food groups and their importance, soil quality and fertilization in the growing and preserving of foods. Math units comprised food budgeting and recipe measuring. Language arts stressed writing and reading recipes as well as creative writing on special projects. Social studies stressed the cultural origins of foods and service methods through which foods are processed and delivered. Health units emphasized the importance of good nutrition and hygiene in relation to foods. Art and music stressed various projects and creative songs. Senior home economics students taught the children cooking skills. Interspersed throughout were field trips to emphasize aspects under discussion, and talks by nutrition experts. Materials developed include a videotape, "The Revolt of the Foolish Molar" for further use, slides of the program, and a bibliography of materials and companies used.

FUNDING: $4,900.00

CONTACT PERSON: Carole Paladino, Culver School, 110 North Third St., Millville, N.J. 08332. (609) 825-8300.



MILLVILLE SCHOOL DISTRICT

Cumberland County

Grades K-6
Bilingual

DESCRIPTOR: Bilingual students grades K-6, share in "hands-on" nutrition activities, compiling a bilingual recipe book; considerable parental involvement.

OVERVIEW: The program was designed to provide a nutritionally sound, more diversified diet to the largely Hispanic population from Puerto Rico. The Bilingual Department provided an understanding of sound eating habits and good nutrition for its 45 K-6 students by direct "hands on" experience and curriculum discussion. Parents submitted low cost, nutritious recipes using mainland products. Recipes were prepared one night a month and served to children the following day. For the students, monthly lessons were provided on nutrition, setting the table, and the four basic food groups. For the parents, representatives from Cumberland County's Cooperative Extension Service gave a slide presentation on nutrition and distributed Spanish language brochures. An intercultural dinner was held in April. A cookbook containing the recipes contributed was prepared in Spanish and English, distributed to the families and was well received by the Hispanic community. The book's introduction stressed the meaning of, and need for, proper nutrition in meal planning. The pre-post test indicated a fine growth in nutrition awareness by the bilingual students.

FUNDING: $1,000.00

CONTACT PERSON: Mary Jane Copenhaver, Millville Public Schools, 23 North High St., Millville, N.J. 08332. (609) 825-8300.

NEWARK SCHOOL DISTRICT

Essex County

Grade-1

DESCRIPTOR: First graders learn good eating habits and manners, developing photo posters and a play for school use.

OVERVIEW: The program was designed to teach 60 first graders the importance of good eating habits and lunchroom manners, through the production of enlarged photo posters. Following classroom discussion of posters, the children listed their own rules and pertinent facts for good manners and eating habits; photographed each other demonstrating these habits; composed a play and slide-tape telling the story of their pictures; and presented before the entire school and parents an assembly program and skit featuring their lessons and pictures. Thirteen photos were enlarged, captioned and presented to the schoo' for permanent display in the cafeteria, to remind the students of the rules for good eating habits. Materials developed include the poster-size photographs illustrating good eating habits and manners and a play on good manners based on the story "Snow White".

FUNDING: $1,438.00

CONTACT PERSONS: Susan M. Taylor and Arlene Snyder, Speedway Avenue School, 26 Speedway Avenue, Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Grade-1**

DESCRIPTOR: Monthly newsletter developed by first graders containing menus, recipes and nutrition highlights, sent to parents of school population.

OVERVIEW: The program enabled 30 first graders to publish a monthly nutrition newsletter containing information about the meals served in the school cafeteria. Each month the pupils interviewed the cafeteria staff to gather information about that month's menus for breakfast and lunch. Entitled "What's Cookin'?", the newsletter containing weekly menus, recipes, nutrition information, and notes on the cafeteria staff was distributed to the parents of the school population, to inform them of the menus served and nutritional needs fulfilled.

FUNDING: $85.00

CONTACT PERSON: Arlene Snyder, Speedway Avenue School, 26 Speedway Avenue, Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Grade - 1**

DESCRIPTOR: Album on the cafeteria staff and their work prepared by first graders for use by entire school.

OVERVIEW: The program enabled 30 first graders to study the food service worker -- who the cafeteria staff members were and what they did. Pupils visited the cafeteria with cassette and camera, interviewed workers and photographed them in action; collected into an album the developed and enlarged pictures, captioning them from the taped interviews; and presented the album in an assembly, to the school library for use by all classes in their social studies unit on school workers. The project resulted in a new and more meaningful rapport between the children and the staff, as evident from lunchroom manners and conversations.

FUNDING: $163.00

CONTACT PERSON: Arlene Snyder, Speedway Avenue School, 26 Speedway Avenue, Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Grade - 1**

DESCRIPTOR: Two fold project for first graders comprising visits to food sources and creation of curriculum materials thereon (games, puzzles, etc.)

OVERVIEW: The program had two major objectives: it provided 60 first graders with the opportunity to become familiar with the basic food forms and their variations through first hand experiences; and it enabled them to develop curriculum materials dealing with plant and animal food sources. Trips to farms, factories and supermarkets provided a look at raw materials, food in the making, and finished products. This was followed by examination in the classroom of materials relating to food sources, such as books, posters and audiovisuals. During the second phase of the program, the children created games, puzzles and an activity booklet which included lessons in reading, writing, coloring, cutting and pasting. These indicated their increasing awareness of the plants and animals used as food, the basic classifications of foods, the varied forms food take, and the variety of foods.

FUNDING: $1455.00

CONTACT PERSONS: Susan Taylor and Arlene Snyder, Speedway Avenue School, 26 Speedway Avenue, Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Grade - 1**

DESCRIPTOR: Knowledge and preparation of nutritious snacks by first graders, with compilation of recipe boxes for parents.

OVERVIEW: The program enabled 60 first graders to learn about, prepare, compile and present to parents information about good nutritious snacks. Through "hands-on" cooking and tasting activities the children were shown nutritious snack alternates to "junk food". Each pupil maintained a recipe box containing the recipes prepared in school as well as helpful cooking hints. The use of related books, bulletin board displays, filmstrips and art activities reinforced the points taught. The recipe boxes were presented to the parents at an end-of-the-year tasting party.

FUNDING: $1915.00

CONTACT PERSONS: Susan Taylor and Arlene Snyder, Speedway Avenue School, 26 Speedway Avenue, Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Grades - K-4**

DESCRIPTOR: Cafeteria transformation effected by student nutritional displays and projects, grades K-4.

OVERVIEW: The project improved the physical atmosphere of the school cafeteria by transforming it into a center for health and nutrition information. Its objective was to stimulate student awareness to the fact that the cafeteria atmosphere is nearly as important as the food served. Student efforts such as container gardening, nutrition-oriented artwork, bulletin boards, murals, ceiling and table decorations, transformed a drab room into a creative center of student activity. Specific areas of the cafeteria were assigned to each grade level; on a rotating basis, each class of 30 students displayed examples of their nutrition education work constructed during their health and art classes. New displays were introduced to the students at the weekly assembly programs. The displays, an extension of the health lessons taught in the classrooms, showed vitamins, basic food groups, health snacks and balanced meals. The program served to increase student awareness of, and support for, nutrition education and enhanced school spirit and pride in their cafeteria.

FUNDING: $993.00

CONTACT PERSON: Deborah Ray, Speedway Avenue School, 26 Speedway Avenue, Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Grade - 3**

DESCRIPTOR: Cooking experiences for third graders, incorporating math, reading and science.

OVERVIEW: The program enabled four third-grade classes to prepare food from the basic food groups; learn how cooking instruments can affect the taste of foods; take part in taste experiments; and become more familiar with food service workers and their functions. Several food service workers spoke to students about their functions in bringing food from its raw state to its prepared form served daily. Active participation in cooking projects promoted enthusiasm. Math, reading and science were incorporated in each experiment. A project scrapbook was compiled, containing recipes and photos of students at work.

FUNDING: $1,031.00

CONTACT PERSON: Deborah Ray, Speedway Avenue School, 26 Speedway Ave., Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Grade - 3**

DESCRIPTOR: Education in farm methods for 3rd graders through a visit to farms at Rutgers University.

OVERVIEW: The program exposed four third-grade classes to farm production, culminating in a visit to Cook College Farm at Rutgers University, New Brunswick. The children learned the names of farm equipment, saw the animals, and learned about egg and milk production. Follow-up activities centered on student drawings and written impressions. The trip served as an interdisciplinary motivation.

FUNDING: $458.00

CONTACT PERSON: Deborah Ray, Speedway Avenue School, 26 Speedway Ave., Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Grades - 3 and 4**

DESCRIPTOR: Nutrition program for third and fourth graders stressing wide variety of vegetables, to eliminate plate waste; cookbook compiled.

OVERVIEW: Addressing 80 third and fourth grade pupils with limited diet because of socio-economic reasons, the program was designed to introduce them to a wide variety of vegetables and to reduce daily plate waste, by enabling them to prepare and eat a different vegetable each week. Once a week, the students and their teachers shopped, selected and prepared a fresh vegetable which was served with the regular school lunch, replacing the vegetable normally served. In addition, the school nurse and classroom teacher provided instruction in nutrition education, focusing primarily on the nutritional value of vegetables and how they aid in the growth of the body. A special luncheon and assembly program were given for the parents who had also been asked to prepare the same vegetable at home during the week. A cookbook was developed containing the recipes for all vegetables cooked during the project, listing descriptions and history of the vegetables.

FUNDING: $992.00

CONTACT PERSONS: Nora Dixon and June Lockett, Springfield Ave. Community School, 447 18th Avenue, Newark, N.J. 07108. (201) 733-4471.

NEWARK SCHOOL DISTRICT

Essex County **Grade - 4**

DESCRIPTOR: Nutrition education for 4th graders through experiments with rats.

OVERVIEW: Through experiments with white rats, the program enabled 30 fourth grade pupils to master basic elements of nutrition education by demonstrating that foods affect growth and health. The animal feeding experiments were designed to illustrate the importance of a well-balanced diet. The students planned the diets, fed and cared for the animals and kept records of growth patterns. For eight weeks, five 30-minute periods each week were devoted to the program during their health and science classes. Their results were charted on display posters, presented in an assembly program, and written up in the school newspaper. Through the experiments, the children learned the importance of eating a balanced diet and wasted less food during the lunch period. Materials developed include photographs taken and graphs of charted weights.

FUNDING: $243.00

CONTACT PERSON: Deborah Ray and Richard Schaublin, Speedway Avenue School, 26 Speedway Avenue, Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Grade - 4**

DESCRIPTOR: Nutrition education for fourth graders through container gardening and cooking experiences.

OVERVIEW: Designed for 30 fourth grade students, the program taught basic nutrition through hands-on experiences: students used container gardening to grow herbs and sprouts; learned herb names and their uses in cooking and medicine; made yogurt and ice cream while experimenting with the milk group; planned menus; developed skills in food preparation; and learned alternative eating habits to consumption of "junk" foods. Over an eight-week cycle, they received three 30-minute lessons each week in their health class. The results of their activities were presented in a school assembly program, a poster display describing their activities, an article in the school newspaper and a Food Fair to which parents and community members were invited.

FUNDING: $623.00

CONTACT PERSON: Deborah Ray, Speedway Avenue School, 26 Speedway Avenue, Newark, N.J. 07106. (201) 733-6740.

NEWARK SCHOOL DISTRICT

Essex County **Parents and adults**

DESCRIPTOR: Breakfast and lunch meals provided for parents at school, to improve the cafeteria program.

OVERVIEW: The program enabled parents to eat 85 breakfast and lunch meals with their children at school. Parents were asked to observe students' behavior, cafeteria cleanliness and the food's appeal, indicating their impressions on a survey form. Two lectures were held on wise shopping and dental care, and nutrition filmstrips were shown. The program increased community involvement with the school's food service program, community awareness of nutrition education, and community support for nutrition education.

FUNDING: $992.00

CONTACT PERSON: Deborah Ray, Speedway Avenue School, 26 Speedway Avenue, Newark, N.J. 07106. (201) 733-6740.

ORANGE SCHOOL DISTRICT

Essex County **Grade - 4**

DESCRIPTOR: Nutrition education for fourth graders with emphasis on nutritious snacks.

OVERVIEW: This program for 50 fourth-grade students, was designed to motivate them to eat nutritious foods, increase their knowledge of the effects of food on their bodies, and help them and their parents recognize the need for a nutritious diet. Activities included work with a large wall mural of the four basic food groups, a daily account of the lunchtime nutritional intake, an introduction to the digestive system of the body, and nutrition parties with food prepared by the children.

FUNDING: $950.00

CONTACT PERSONS: Elaine Comer and Barbara Cage, Oakwood Avenue School, Orange, N.J. 07050. (201) 266-4251.

SOUTH ORANGE - MAPLEWOOD SCHOOL DISTRICT

Essex County **Grades-5 and 6**

DESCRIPTOR: Interdisciplinary program teaching fifth and sixth graders how their diet is influenced by ancestry, community, advertising and peer pressure and how to prepare ethnic foods.

OVERVIEW: Addressing approximately 165 fifth and sixth grade students in two elementary schools, the interdisciplinary project taught them how the food they choose to eat is influenced by their heritage and ancestry, their community, advertising and peer pressures. It helped them understand why different countries and cultures prepare certain foods because of climate, storage, availability and custom; what their personal food likes and dislikes were; and how these could be modified by investigating the many ways other cultures prepare the same basic foods. Parents participated in sharing recipes, anecdotes and menus as well as in helping with food preparation. In addition to learning the four basic food groups and advanced nutrition vocabulary, the children developed a keener understanding of how foods affect people in other parts of the world where balanced diets are neither available nor understood. The research and menus prepared by the children and staff were incorporated into the social studies curriculum. Maps were prepared and trips were taken.

FUNDING: $4,900.00

CONTACT PERSONS: Edmund Krause and Thomas Randazzo, South Mountain and Montrose Schools, 219 South Orange Avenue, South Orange, N.J. 07079. 762-5600.

SOUTH ORANGE - MAPLEWOOD SCHOOL DISTRICT

Essex County **Grades - K-6**

DESCRIPTOR: Reduction of plate waste by students, K-6, through interdisciplinary nutrition education and meal preparation.

OVERVIEW: Appalled at the staggering amount of food thrown away at lunch time, staff members designed this program to eliminate plate waste at school and at home by changing food patterns. Children were made aware of the nutritional value of a good lunch, the components of a good, well-balanced meal, and the importance of sound food choices through participation in the planning and preparation of nutritious lunches. Students not only learned the four basic food groups but actually measured the amount of food wasted at lunch time. As a result, plate waste was reduced by 50%. The nutrition curriculum developed by the staff was integrated in various subject areas in the classroom. Parents were kept informed and invited to participate. Products developed include a curriculum guide which serves as a model for the school district, taskcards, charts for recording data, and photographs of students preparing lunches which were used as bulletin board exhibits.

FUNDING: $4,974.00

CONTACT PERSONS: Edmund Krause and Thomas Randazzo, South Mountain and Montrose Schools, 219 South Orange Avenue, South Orange, N.J. 07079. (201) 762-5600.

WEST ORANGE SCHOOL DISTRICT

Essex County **Grades - K-6**

DESCRIPTOR: Reduction of plate waste through nutrition education and food preparation for students in 5 elementary schools, K-6.

OVERVIEW: The program enabled 1400 students in 5 elementary schools, K-6, to learn the four basic food groups and use them as a guide for choosing wholesome, nutritious foods. They took turns by class in preparing a simple food from one of the food groups for all in the school to taste. The expectation was that to know good food (and to prepare it) is to learn to like it. The objectives were: to reduce plate waste by approaching it with a positive attitude; to experience eating a variety of nutritious foods; and to identify foods from each of the food groups. Following each food preparation, a ditto sheet was given to each child to take home and share with the family, resulting in changed and better eating habits at home. Materials developed include a nutrition curriculum guide written by the project director for use by the classroom teachers, and ditto sheets on each food preparation for family use.

FUNDING: $2,835.00

CONTACT PERSON: Marilyn M. Hall, West Orange Public Schools, 22 Municipal Plaza, West Orange, N.J. 07052. (201) 736-1200.

BAYONNE SCHOOL DISTRICT

Hudson County **Grades - K-8**

DESCRIPTOR: Nutrition education in four curriculum areas through peer teachers in an elementary school, grades K-8.

OVERVIEW: The program enabled 50 students, grades 4 through 8, to learn basic nutrition information through a minicourse taught by a team of master teachers on Friday afternoons in the following areas: Physical Education, Science, Language Arts and Home Economics. These students then developed a nutrition curriculum of filmstrips, games, movement exercises and learning stations and, acting as peer teachers, shared their nutrition curriculum with the rest of the 350 student body. The rationale was that students themselves must be involved in the development and teaching of the nutrition curriculum to ensure its success. Student activities involved the following: they organized a restaurant to understand better the basic four food groups; developed movement exercises to demonstrate the effects of nutrition plus exercise; prepared nutritious meals; learned some basic nutrition chemistry through laboratory experiments with various foods; became aware of the affects of vitamins, calories, nutrients and a well balanced diet on their bodies; and developed learning stations, filmstrips and games for use with students in grades K-3. In addition, a library of nutrition information was begun for use by the entire school staff and student body.

FUNDING: $4,514.00

CONTACT PERSON: Edward Schololski, Vroom Learning Center, 18 West 26th St., Bayonne, N.J. 07002. (201) 858-5956.

BAYONNE SCHOOL DISTRICT

Hudson County **Grade - 6**

DESCRIPTOR: Plate waste reduction by 6th grade students through food preparation and sampling.

OVERVIEW: Designed to reduce plate waste in school lunches, the program exposed 60 sixth graders to a wide variety of foods within each food group; taught them the four basic food groups; familiarized students of varied cultural backgrounds with the nutritional value of unfamiliar foods; and encouraged them to prepare and sample such foods. The participating students not only reduced their own plate waste, but also encouraged their schoolmates to sample many of the previously "undesireable" foods contained in the school lunches.

FUNDING: $1.000.00

CONTACT PERSON: Carolynn Lee, S.A. Roberson School, 17th Street and Avenue C, Bayonne, N.J. 07002. (201) 858-5984.

ST. PETER'S COLLEGE COMMUNITY KINDERGARTEN
JERSEY CITY

Hudson County **Grade - Kindergarten**

DESCRIPTOR: Nutrition education program for kindergartners and their parents, with stress on group family efforts.

OVERVIEW: Addressing 120 kindergarten students and their parents, the program stressed the implementation of sound basic nutrition education through the use of audio-visual materials, complete curriculum guide and an information guide for parents. Empasis was placed on group family efforts. Audio-visual and primary age materials were used illustrating at simplistic levels the topics under study. The project was enthusiastically supported, and both children and parents succeeded in learning the importance of good nutrition and its effects upon sound physical and mental development. Materials developed include a complete teacher curriculum guide, a parent education guide and a slide series depicting the children's involvement in various aspects of the program.

FUNDING: $1,309.00

CONTACT PERSON: Donna Bednarski, St. Peter's College Community Kindergarten, 121 Glenwood Avenue, Jersey City, N.J. 07306. (201) 333-4400, ext. 349.

ST. ALOYSIUS ELEMENTARY SCHOOL
JERSEY CITY

Hudson County **Grade - 4**

DESCRIPTOR: Interdisciplinary nutrition education for fourth graders through active learning experiences involving parents and the school community.

OVERVIEW: Introducing a nutrition education program into fourth grade science and other curriculum areas, the program provided 70 students with basic information about good nutrition and the role it plays in their health, growth and everyday living. The students participated in active learning experiences involving food preparation, meal planning, snack selections and kitchen safety. Interest was motivated by field trips, audio visual materials, nutrition games, and learning centers, all reinforcing students' knowledge. Inservice education was provided for the teachers, and parents and school community were involved in nutritious activities. Parental comments noted dramatic results in their children's eating habits.

FUNDING: $3,942.00

CONTACT PERSON: Phyllis D'Amico and Linda Scafidi, St. Aloysius Elementary School, 721 West Side Avenue, Jersey City, N.J. 07306.

SECAUCUS SCHOOL DISTRICT

Hudson County **Grades - 1-3**

DESCRIPTOR: Knowledge and preparation of vegetables, for primary students grades 1-3, to enhance nutrition and reduce plate waste; vegetable dictionary and cookbook developed.

OVERVIEW: Addressing pupils in the primary grades 1 through 3, the program attempted to introduce vegetables into their diet in a more appealing manner in order to reduce plate waste in school as well as at home. This was accomplished through the use of a portable kitchen unit, "kitchen on wheels", and through filmstrips and other audio-visual media. The children participated in actual food preparation, taking recipes home for family use. Class lessons stressed: raw vegetables with dips, vegetables plus salad fixings, stir-fried vegetables, baked and broiled vegetables, steamed vegetables, pickled vegetables, gelatin and vegetable desserts and a comparison of frozen, canned and fresh vegetables. Parent reaction to the program was outstanding. Materials developed include a Vegetable Picture Dictionary and a Vegetable Cookbook.

FUNDING: $5,000.00

CONTACT PERSONS: Linda Chervenak, Naomi Corso and Lucille Ancipink, Huber Street School, Paterson Plank Road, Secaucus, N.J. 07094. (201) 348-8100.

CLINTON TOWNSHIP SCHOOL DISTRICT

Hunterdon County **Grade - 3**

DESCRIPTOR: Interdisciplinary nutrition activities centering on a monthly theme, for third graders.

OVERVIEW: Designed as a 10 month experiment in good nutrition, the program enabled 30 third grade students to plan, organize, prepare and enjoy a nutritionally sound monthly meal which served as the culmination of a monthly theme. Individual and group nutrition activities related to the areas of language arts, math, reading, science and social studies. Every month, in addition, the students chose one item from the menu and discussed with the school's dietitian its adaptation into the school menu. The program was designed to create desirable eating habits among young children before poor nutritional habits become too deeply engrained, and to reduce plate waste observed in the school cafeteria.

FUNDING: $1,000.00

CONTACT PERSON: Susan W. Keller, Clinton Public School, School Street, Clinton, N.J. 08809. (201) 735-8512.

DELAWARE TOWNSHIP SCHOOL DISTRICT

Hunterdon County **Grade - Kindergarten**

DESCRIPTOR: Knowledge of food sources and nutritional values through field trips, cooking experiences, and tending animals, for kindergartners.

OVERVIEW: Through field trips taken to community businesses, 50 kindergarten children were made aware of local sources of food - its production, processing and distribution. Through preparation of food in the classroom, under the direction of their teachers and local food resource people, they realized that nutritious food tastes good. Through observation of animals on a restricted diet, they learned the importance of eating nutritious foods as they affect growth and development. The field trips were to orchards, a fishery, a bee farm, nursery and cider mill. Under the program, a kindergarten nutrition curriculum was developed, available for distribution.

FUNDING: $752.00

CONTACT PERSONS: Carolyn Macak and Barbara Blackwell, Delaware Township Schools, Sergeantsville, N.J. 08557. (609) 397-3179.

DARTS MILL DAY CARE CENTER (DYFS) FLEMINGTON

Hunterdon County **Ungraded - ages 5-8**

DESCRIPTOR: Cooking experiences for day-care children, ages 5-8, and mothers, to improve family nutrition habits.

OVERVIEW: The program enabled nine day-care children, ages 5-8, and their six mothers to learn to prepare inexpensive nutritious meals and enjoy eating them together. Mothers and children met together with three staff members for 2½ hours once a week for 8 weeks in the day care kitchen and family room, to learn skills that can be used in the home. They shopped, cooked and ate together, learning to cook and enjoy more nutritious, different and less expensive meals. Children were encouraged to participate in food and table preparations. It was hoped that a carry-over would occur, leading to improved nutrition for the families involved. Materials developed include notebooks for each mother including menus served and recipes prepared, and an evaluation sheet of changes in eating habits.

FUNDING: $458.00

CONTACT PERSONS: Nancy Garland Keep, Darts Mill Day Care Center, Rte. 523, Box 96A, Flemington, N.J. 08802. (201) 782-0200.
Fred Sigafoos, Division of Youth and Family Services, 1 S. Montgomery St., Trenton, N.J. 08625.

HOLLAND TOWNSHIP SCHOOL DISTRICT

Hunterdon County **Grades - K-8**

DESCRIPTOR: Improvement in lunchroom atmosphere by students K-8, through student preparation of meals and room decoration.

OVERVIEW: Addressing 750 students in grades K-8, the program enabled students to apply the nutrition knowledge learned in class toward a real life situation in the school lunchroom. Students actively participated in planning and preparing nutritious meals for school lunches and in improving the lunchroom atmosphere through decorating and reducing the high noise level. On the days when students planned the menus, less plate waste and an increase in lunch count were noted. Materials developed include a nutritious snacks recipe book prepared by the 8th grade students, food-related posters, masonite wall hang-ups (in cooperation with the Art Department), and a student staff survey on the school lunch program.

FUNDING: $5,000.00

CONTACT PERSON: Nancy Richardson, Holland Township School, R.D. #3, Box 478, Milford, N.J. 08848. (201) 995-2401.

HAMILTON TOWNSHIP SCHOOL DISTRICT

Mercer County **Grade - K-1**

DESCRIPTOR: Nutrition education and experiences for students in kindergarten and first grade, with focus on the school lunch program.

OVERVIEW: The program was designed to teach kindergarten and first grade students the importance of eating nutritious foods provided in the school lunch program. The students were involved in practical hands-on experiences; toured, and became familiar with, the lunchroom facilities; worked on various art projects relating to nutrition; and involved their parents in their activities and in the importance of eating properly. Through visual materials, the students learned the basic four food groups; prepared various lunch foods; and were assisted by the home economics students from the high school. The entire program took place twice monthly throughout the school year.

FUNDING: $855.00

CONTACT PERSON: Lynn C. Billingham, Hamilton High - West, 2720 South Clinton Avenue, Trenton, N.J. 08610 (609) 890-3605.

HAMILTON TOWNSHIP SCHOOL DISTRICT

Mercer County **Grade - 2**

DESCRIPTOR: Nutrition knowledge fostering attitude change and good eating habits, thereby reducing plate waste, for second graders.

OVERVIEW: The program was designed to teach second graders to avoid wasting food at lunchtime while, at the same time, consuming nutritious lunches. Suspicious of trying new foods, they had poor eating habits and inadequate nutrition. By changing their attitudes about new foods, teaching them the four basic food groups, involving them directly in meal planning, and enlisting parental cooperation, positive attitudes and good eating habits were fostered. The students also planned and presented a skit and puppet show about foods and nutrition.

FUNDING: $909.00

CONTACT PERSON: Teresa Manobianco, Morgan Elementary School, 38 Stamford Road, Trenton, N.J. 08619. (609) 890-3757.

HAMILTON TOWNSHIP SCHOOL DISTRICT

Mercer County **Grades - K-5**

DESCRIPTOR: Nutrition knowledge, food preparation and "tasting parties" for students K-5, to establish healthful dietary habits.

OVERVIEW: The program enabled the K-5 student population to taste nutritional foods, as suggested in the Nutrition Learning System, *Food - Your Choice*, from the National Dairy Council. Through the concept of "tasting parties", the students tasted foods that encouraged them to establish and maintain lifelong healthful dietary habits. The program included knowledge of the four food groups, identification of good foods, variety in ways of preparing them, and tasting them. At the close of the year, a booklet was provided for each family describing the student activities, the food choices and the reasons for them. In addition, a slide cassette was prepared depicting all the activities, for presentation to the PTA.

FUNDING: $3,760.00

CONTACT PERSON: Irene M. Gaudagno, Robinson Elementary School, 495 Gropp Avenue, Trenton, N.J. 08610. (609) 890-3616.

WEST WINDSOR-PLAINSBORO REGIONAL SCHOOL DISTRICT

Mercer County **Grade - 1**

DESCRIPTOR: "Hands-on" nutrition experiences for first graders involving field trips, class garden, food preparation, resource center and a "Food Facts Fair."

OVERVIEW: Addressing 43 first grade pupils, the program involved experiments and activities in four areas of study: the human body, food sources, health problems related to food preparation and storage, and food groups. Through experiments, field trips, learning games and a variety of activities involving parents as well, the students learned the relationship between nutrition and good health. A class garden was planted and tended, with the crops harvested and eaten; resource persons addressed them; a resource center with books and audiovisual aids was established for use by the entire school; foods were prepared from the four food groups; and, a "Food Facts Fair" was prepared and presented, at which projects, food and nutrition games were set up in booths, to which parents were invited. Materials developed include activity sheets and learning centers.

FUNDING: $800.00

CONTACT PERSON: Nancy Johnson, Maurice Hawk Elementary School, Clarksville Road, Princeton Junction, N.J. 08550. (609) 799-0203.

DUNELLEN SCHOOL DISTRICT

Middlesex County **Grades - K-6**

DESCRIPTOR: Nutrition education for district's children, grades K-6, designed to improve eating habits and reduce lunch waste.

OVERVIEW: The program addressed the problem of reducing school lunch waste in a school of 700 students, grades K-6, through three major activities: formal nutrition education lessons were taught to students K-6, using *Foods - Your Choice* as a basis, supplemented by many films borrowed from the Department of Agriculture; new foods were introduced to the students in cooking and tasting sessions in the classrooms; and communication between classroom teachers and cafeteria supervisor was increased. The combination of these activities did reduce food waste at lunchtime and promoted intelligent food choices, with parents encouraged to send a fruit snack instead of a sweet in lunchboxes. Furthermore, nutrition education assumed a more important role in the school's curriculum than it had previously held. A needs assessment instrument was developed by grade level.

FUNDING: $4,101.00

CONTACT PERSON: Elissa A. Kish, Dunellen Public Schools, 434 Dunellen Avenue, Dunellen, N.J. 08812. (201) 968-3226.

EAST BRUNSWICK SCHOOL DISTRICT

Middlesex County **Grade - 3**

DESCRIPTOR: Program for third graders emphasizing nutritious snacks.

OVERVIEW: The program taught approximately 100 third grade children in two schools basic nutrition concepts to enable them to choose and prepare nutritious snacks. Activities included seeing filmstrips; hearing lectures; checking food labels; developing a nutrition cart; making transparencies, puppets and good foods placemats; writing a puppet show; participating in food fests; and involving the parents in a final assembly program and feast. Comments from parents indicated that the children became more aware of, and selected, better snacks. Materials developed include a health cart, puppet, placemats, songs, playlet, folder for parents containing nutrition information and recipes, and a student booklet of information, puzzles and recipes.

FUNDING: $2,270.00

CONTACT PERSONS: Maryann J. Magliozzi and Sydell Seiden, Lawrence Brook School, Gail and Sullivan Way, East Brunswick, N.J. 08816. (201) 257-8300.

MONROE TOWNSHIP SCHOOL DISTRICT

Middlesex County **Grades - 2 and 3**

DESCRIPTOR: Nutrition education for students, grades 2 and 3, including field trips and dinner preparation.

OVERVIEW: The program enabled students in grades 2 and 3 to acquire knowledge of nutritional foods and develop sound nutritional habits. Through classroom instruction, teachers provided activities relating to consumer-oriented skills; field trip experiences to a farm, restaurant, local supermarkets and stores to encourage proper buying habits; and meal planning and preparation. Filmstrips and visiting speakers were used to enhance learning. To culminate the project, students planned and prepared a balanced nutritional meal to which parents were invited. Unscheduled activities included an "ethnic food day", food-tasting activity and a breakfast. The program effected improved attitides toward cooking, budgeting and planning, and a healthy respect for meal preparation and planning. Materials developed include a paper movie (put together like a filmstrip); a slide presentation depicting the entire project from start to finish; and teaching units which include project ideas, activities, tests, and suggestions.

FUNDING: $760.00

CONTACT PERSONS: Leslie Logel and Joan Zozulin, Barclay Brook School, Jamesburg-Englishtown Road, Jamesburg, N.J. 08831 (201) 521-1000.

NEW BRUNSWICK SCHOOL DISTRICT

Middlesex County **Grades - 1 and 2**

DESCRIPTOR: Research study of effect of nutrition education on consumption of school lunches, using first and second graders.

OVERVIEW: Designed to improve the consumption of school lunches through increased familiarity and positive attitude changes, the project entailed a research study using experimental and control groups to determine the effect of nutrition education on children's consumption of school lunch. Nutrition education relating to the school lunch program was taught to the experimental group only, a second grade class. Daily learning experiences related to the basic four food groups, and Type A guidelines were supplemented by field trips to the central cafeteria kitchen, taste-testing parties, sample menu planning, and preparation of simple nutritious foods. Both groups were measured before and after the nutrition unit for their nutrition knowledge, attitude, home-eating habits and plate waste. Results indicated that nutrition knowledge and positive attitudes toward school lunch increased in the experimental group. However, attitudes also improved in the control group, rendering impossible the conclusion that the improved attitude resulted from the nutrition education unit. Materials developed include nutrition activity work sheet, lesson plans, and evaluation materials comprising pre-post tests of nutrition knowledge and attitude scale for parents and children.

FUNDING: $1,000.00

CONTACT PERSON: Carol L. Merle, New Brunswick Public School Lunchrooms, 216 Livingston Avenue, New Brunswick, N.J. 08901. (201) 745-5158.

NORTH BRUNSWICK TOWNSHIP SCHOOL DISTRICT

Middlesex County **Grade - 6**

DESCRIPTOR: Experiences in learning about, and preparing, breakfasts by sixth graders for classes in grades 2 through 5.

OVERVIEW: Emphasizing the need for a good breakfast in the diet, the program enabled 6th grade students to analyze, plan, prepare, serve and partake of a nutritionally sound breakfast once a month. One class from grades two through five was served each month. Through these activities, the students learned the four food groups; incorporated ethnic foods into breakfast in planning menus; derived experience in meal preparation by cooking, serving the breakfast, and cleaning up; promoted good relationships with cafeteria staff in working together and sharing knowledge and experiences; and, as an unexpected benefit, interacted positively with all other grades in the schools as they wrote invitations, made place mats, hosted and served the younger students. Positive reactions were expressed by students, teachers, parents and administrators.

FUNDING: $707.00

CONTACT PERSON: Gene Supchak, John Adams School, Redmont Street, North Brunswick, N.J. 08902. (201) 247-6166.

OLD BRIDGE TOWNSHIP SCHOOL DISTRICT

Middlesex County **Grade - 3**

DESCRIPTOR: Nutrition education for third graders, emphasizing reduction in plate waste and acceptance of unfamiliar foods.

OVERVIEW: The program was designed to make third grade children aware of food waste in their daily eating habits. It stressed waste as not only a bad habit, but also as potentially harmful to their physical well-being. The children learned the basic nutritional food groups; recognized the foods within these groups; and, through the "Clean Plate Club" and the "Two Bite Club" learned the high cost of food waste as well as acceptance of unfamiliar food, both of which helped foster good habits regarding food waste. A noticeable reduction in plate waste at mealtime was achieved, as observed by teachers, aides and parents. Materials developed include worksheets which, coinciding with the various phases of the project, allowed the children to express their reactions and interpret what they learned.

FUNDING: $1,000.00

CONTACT PERSON: Roseanne P. Nowicki, Madison Park School, 33 Harvard Road, Parlin, N.J. 08859. (201) 566-1000, ext. 327.

OLD BRIDGE TOWNSHIP SCHOOL DISTRICT

Middlesex County **Grade - 4**

DESCRIPTOR: Nutrition education for fourth graders, to discourage consumption of "junk foods".

OVERVIEW: The program enabled 50 fourth-grade students to develop an understanding of their own nutritional needs and knowledge of nutritious foods as opposed to "junk foods". Using the four basic food groups, they planned a daily menu; ate a daily mid-morning nutritious snack, such as fruits or vegetables; took field trips to a health food store, supermarket, restaurant and apple orchard; learned to read labels and understand ingredients in foods; and succeeded in selecting wholesome foods on their field trips. The children developed the materials, which included logs of daily eating activities, bulletin boards, booklets, calorie charts and games.

FUNDING: $1,000.00

CONTACT PERSONS: Jo Anne Korshalla and Frances Lopes, Gordon Cooper School, 160 Birchwood Drive, Cliffwood Beach, N.J. 07735. (201) 566-1000.

WOODBRIDGE TOWNSHIP SCHOOL DISTRICT

Middlesex County **Grade-4**

DESCRIPTOR: Breakfast nutrition education for fourth grade students stressing breakfast preparation and parental involvement.

OVERVIEW: Addressing fourth-graders, the program stressed the importance of breakfast nutrition, involving students, teachers and parents. The children learned the basics of good nutrition in the classroom and, using this knowledge, planned, prepared and ate various types of breakfast in the school kitchen - cold, hot, ethnic, inexpensive. Through the use of learning stations and a "hands on" approach, children and parents built concepts which were easily transferred to the family situation. Parents were invited to a Parents' Seminar in March and a Community Breakfast in May which was completely planned and prepared by the students. Evaluative studies indicated that before the project, up to 90% of the students came to school with an inadequate breakfast or none at all; after the project, with a change in student attitude and behavior and with parental involvement, more than 90% of the students were now coming to school with a nutritionally sound breakfast.

FUNDING: $995.00

CONTACT PERSONS: Isabelle Tucker and Florence Kasoff, Hopelawn Elementary School #10, Clyde Avenue, Hopelawn, N.J. 08861. (201) 442-1435.

MATAWAN-ABERDEEN REGIONAL SCHOOL DISTRICT

Monmouth County

Grade - 2

DESCRIPTOR: Interdisciplinary nutrition education for second graders through establishing and maintaining a greenhouse, with cooking experiences provided.

OVERVIEW: The program enabled 62 second graders to learn the importance of good nutrition through the establishment and maintenance of a fruit and vegetable garden in a classroom greenhouse. A growth-chamber (greenhouse), designed by Agricultural Engineering staff of Cook College, Rutgers University, was constructed in an empty classroom of the school. With the advice of Ms. Helen Mageau of the Bronx Botanical Gardens, two cycles of vegetables, herbs, sprouts and flowers were planted by the children. They watered the plants daily; monitored their progress; harvested them; cooked and ate them. In addition, they shared their tasting experiences with other classes; prepared a class feast for Thanksgiving with many home grown foods; and took field trips to places of interest such as, The Bread Factory, Duke Gardens, Botanical Gardens, a health food store and two restaurants. The project involved all curriculum areas: language arts through reading directions and labels; math through purchasing seeds, dividing soil, and computing light hours; and social studies through cooking foods for the unit, Children Around the World. Materials developed include the plans for the greenhouse as designed by Mr. Roberts of Rutgers University.

FUNDING: $4,944.00

CONTACT PERSONS: Cheryl Passero, Marie Jacolow and Eleanor Safchik, Cambridge Park Elementary School, Crest Way, Matawan, N.J. 07747. (201) 566-1800.

MATAWAN-ABERDEEN REGIONAL SCHOOL DISTRICT

Monmouth County **Grade - 6**

DESCRIPTOR: Social studies-nutrition education for 6th graders, emphasizing effects of immigration and technology on food choices; ethnic cookbook developed.

OVERVIEW: The program enabled 67 sixth grade students to study the history of the change in the eating habits of Americans. Starting with the period from the Civil War, when the American economy was largely rural as contrasted to today's largely urban society, the children researched the different food preferences for each historical time period, and learned how immigration and technology diversified as well as broadened food choices. By selection and preparation, they tested recipes for inclusion in a menu book. The recipes, broad in range, inlcuded Polish, Mexican, French-Canadian, German, Jewish, Chinese, Irish, Italian, American, Asian, and salad-bar ingredients. Conducted one hour a week throughout the school year, the program also inlcuded: visits to places that prepared foods for consumer use; use of resource people; compilation of a menu-recipe book; and a buffet serving tested recipes for parents and school personnel. Materials developed include the recipe book, the curriculum and description of some of the activities.

FUNDING: $4,700.00

CONTACT PERSONS: Laura Grossman, Helen Harbour and Mr. R. Eisenbeis, Cambridge Park Elementary School, Crest Way, Matawan, N.J. 07747. (201) 566-1800.

UNION BEACH SCHOOL DISTRICT

Monmouth County **Grades - Kindergarten and 1**

DESCRIPTOR: Nutrition education related to an improved lunch program for kindergartners and first graders.

OVERVIEW: Addressing 60 children in kindergarten and first grade, the program provided nutrition education, using the school cafeteria as a learning laboratory. The children learned the different types of foods and their nutritional value; the purpose of food and how it relates to body function; the importance of eating foods which, though not always appetizing, are nutritionally necessary; and how the food service program in the school helps to provide the foods needed for good nutrition and health. Activities included films, stories, talks by outside speakers, trips, a school survey of nutritional foods liked by the children. A pre-post test given to every student in the school showed significant improvement in the students' understanding of different types of foods and their nutritional value. The project developed not only a lunch program that was both nutritional and appetizing to the children, but also a Nutritional Education Program which is being continued in every classroom in the school.

FUNDING: $4,550.00

CONTACT PERSON: Barry Wiener, Memorial Elementary School, Morningside Avenue, Union Beach, N.J. 07735.

WALL TOWNSHIP SCHOOL DISTRICT

Monmouth County **Grade - 1**

DESCRIPTOR: Nutrition education for first graders stressing reduction of plate waste; cookbook compiled.

OVERVIEW: Designed to reduce plate waste, the program taught first graders the four basic food groups and helped them discover whether they were eating a balanced diet. They sampled 16 unfamiliar foods which provide alternate sources of good and more economical nutrition, and compiled a cookbook containing the recipes of the sampled foods. Such activities stimulated them to try new foods, thereby diminishing food bills at home and substantially reducing plate waste in the school's hot lunches; to learn about their digestive systems; and to develop good personal hygiene habits through use of the Slim Goodbody Module. Materials developed include collage posters of the four food groups and a cookbook containing 20 recipes, food collages, a menu for breakfast, lunch and dinner, and a diagram of the digestive system.
of the digestive system.

FUNDING: $586.00

CONTACT PERSON: Evelyn G. Jelliff, West Belmar Elementary School, P.O. Box 1199, Wall, N.J. 07719. (201) 681-0117.

WALL TOWNSHIP SCHOOL DISTRICT

Monmouth County **Grades - K-6**

DESCRIPTOR: Comprehensive nutrition education for entire school, K-6, with development of bag lunch menus by 5th graders.

OVERVIEW: In a school lacking a hot lunch program, the program enabled 60 fifth graders to learn about and develop nutritionally balanced bag lunches, and provided the entire school population of 550 students with a comprehensive, sequential nutrition education program. The fifth graders compiled a menu booklet of lunches they would enjoy, and sent it to all the parents of the school. They chose the menu, prepared the shopping list, established the budget for it, went to the supermarket, chose the food, and prepared and served it to the class. The booklet of nutritionally balanced bag lunches served as a guide for the parents of the children, thereby educating the entire family in nutrition. The bag lunches of the students improved, with many of the four food groups included. Materials developed, in addition to the menu booklet, include pre-and post-test materials; forms sent to parents; food preparation, storage, and serving techniques; and shopping lists.

FUNDING: $1,040.00

CONTACT PERSON: Rosemary Milan, Old Mill Elementary School, P.O. Box 1199, Wall, N.J. 07719. (201) 449-4714.

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WEST LONG BRANCH SCHOOL DISTRICT

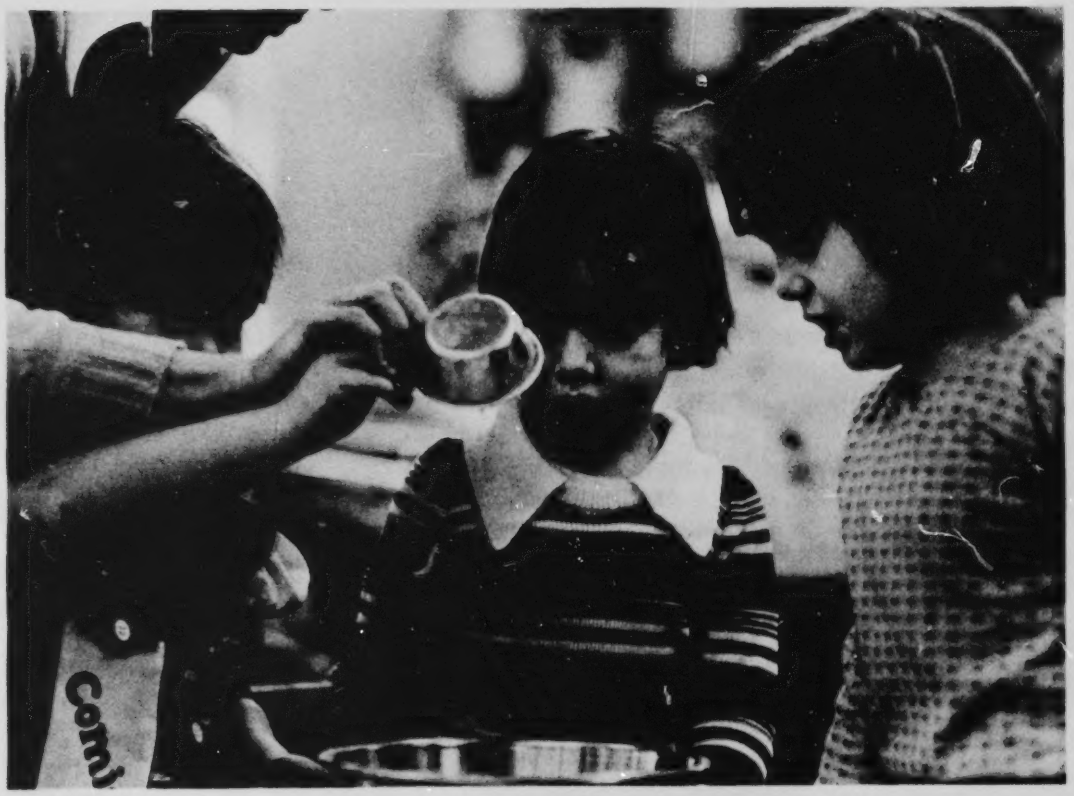
Monmouth County **Grade - 3**

DESCRIPTOR: Nutrition education for third graders correlated to math and social studies, with food preparation, cookbook development and nutrition festival for parents.

OVERVIEW: The program introduced 100 third grade students to the different nutritional foods of the various regions of the United States and of the world. This effort was correlated with the math, health and social studies curriculum. The students anaylzed their own food patterns, identifying problems and their remediation; compared the food practices of various regions, describing differences in economic, cultural and social terms; and identified the nutritional value associated with different food patterns. Once a week the students worked with a mobile kitchen unit for a 60 minute food preparation and a 30 minute practical evaluation. Their results were reproduced in a cookbook, and favorite recipes were chosen for a festival to which parents and administration were invited. Materials developed include the cookbook containing recipes prepared by the students and a home survey questionnaire. Nutrition books were also purchased for use in the school library.

FUNDING: $2,493.00

CONTACT PERSONS: Ann Herberg, Anita D'Ambrisi, Sandra Guberman and Mary Anne Mills, Frank Antonides Elementary School, Locust Avenue, West Long Branch, N.J. 07764. (201) 222-5080.



CHATHAM TOWNSHIP SCHOOL DISTRICT

Morris County **Grades - K-5**

DESCRIPTOR: Interdisciplinary nutrition curriculum involving an entire elementary school of 370 students, (K-5), teachers and parents, with parent newsletters and recipe book developed.

OVERVIEW: The program was designed to improve the nutrition education and practices of 370 children in the elementary grades K-5, through coordinated activities that involved each grade level in the school, the parents, and the community. Activities included: a nutrition fair with skits and foods prepared for them; nutrition commercials made for an EIC contest; a vegetable tasting party; a musical presented to parents and students; preparation of a nutritious lunch; and records kept of foods eaten over a period of time. Among other schoolwide activities: children at all grade levels brought nutritious midmorning snacks to school; a nutrition newsletter published by the school was sent home periodically throughout the school year; parents prepared a nutritious foods recipe book for every family; teachers were trained in nutrition education; two meetings on nutrition were held for parents; parents held a nutritious foods luncheon and recipe exchange; nutrition books were purchased for the library; a parent advisory committee worked with the principal on suitable projects; a teacher advisory committee coordinated projects for students; a student advisory committee helped plan lunch menus with the cafeteria manager; and an inter-disciplinary nutrition education curriculum guide was developed. Major materials developed include the curriculum guide, grades K-5, a foods recipe book by the parents, and parent news letters sent home throughout the year.

FUNDING: $5,000.00

CONTACT PERSONS: Dr. Raymond Arciszewski and Mary Ann Bianchi, Southern Boulevard Elementary School, 192 Southern Boulevard, Chatham, N.J. 07928. (201) 635-5450.

SACRED HEART SCHOOL
DOVER
Morris County **Grades - K-8**

DESCRIPTOR: Stress on lifetime dietary habits and intelligent food choices, for grades K-8, with reduction of plate waste.

OVERVIEW: Designed to establish proper lifetime dietary habits, and make intelligent food choices, a comprehensive, sequential Nutrition Education program was initiated, affecting 210 children, grades K through 8, the teaching staff and parents. All classes recieved 15 to 20 hours of instructional time. In addition, the seventh and eighth graders supervised the first and second graders to ensure their eating a nutritionally balanced lunch, with little plate-waste. The students worked in classrooms or on individual or group projects using the Learning Center resources, such as films, filmstrips, puppets, kits, and cassette presentations. Selected lessons, projects and activities were presented to parents throughout the school year. Materials developed include Teacher's Log of Nutrition Lessons, a slide presentation, posters, puppets, special menus, and a nutritionally sound "Snack Party" served for parents after the spring concert.
after the spring concert.

FUNDING: $4,196.00

CONTACT PERSON: Sister Jean Cordis, S.C., Sacred Heart School, 20 North Essex Street, Dover, N.J. 07801. (201) 366-2068.

HANOVER TOWNSHIP SCHOOL DISTRICT
Morris County **Grade - Kindergarten**

DESCRIPTOR: Emphasis on nutritious breakfasts and snacks for kindergartners, with cooking experiences and cookbook compilation.

OVERVIEW: Working with 40 kindergarten children, the program was designed to develop good, lifetime-eating habits and a knowledge of a variety of foods, through the planning and preparation of breakfast and snack foods. Twice a month, breakfasts of many types were prepared by the children, and throughout the year, tasting sessions of a wide variety of foods were conducted. Lessons were incorporated into other basic skill activities such as music, math, social studies, and word recognition, The PTA provided a nutrition meeting for parents, and other teachers, parents and classes joined in snack sessions. A 27-page mini cookbook based on the lessons was completed, with illustrations provided by the children.

FUNDING: $745.00

CONTACT PERSONS: Joan Amend and Gail Jacobsen, Salem Drive Elementary School, Whippany, N.J. 07981. (201) 539-4300.

KINNELON SCHOOL DISTRICT

Morris County **Grades - K-2**

DESCRIPTOR: Nutrition awareness activities for students, grades K-2, with emphasis on good tooth maintenance and reduction of plate waste.

OVERVIEW: A formalized nutrition program was provided to 115 students in grades K-2, designed to alter their eating habits and to reduce plate waste. Stressing nutritional awareness, the program provided full group and small group activities for a total of twenty 30-minute periods during the year. Classroom experiences were reinforced through the involvement of cafeteria food service personnel and the use of the cafeteria as a nutritional display area. Recognition of the students' efforts created a positive attitude toward nutrition. Particular stress was given to good tooth maintenance, with talks given to the children by a dentist and pediatrician. The children studied the four food groups through filmstrips, puzzles and learning stations; learned about lunch preparation through the cafeteria personnel; studied plant growth by planting seeds and charting water and growth; noted their own weight and height on a class growth chart; and learned about their teeth. A "swap table" reduced food waste and encouraged students to bring healthy snacks. Materials developed include four learning stations for grades K-2 and a resource book detailing the films, filmstrips, models, posters, records, games and activities available for each grade level according to the topics in the health text.

FUNDING: $3,480.00

CONTACT PERSON: Joseph Palladino, Kiel Elementary School, Kiel Avenue, Kinnelon, N.J. 07405. (201) 838-5500.

KINNELON SCHOOL DISTRICT

Morris County **Grade - 3**

DESCRIPTOR: Nutrition activities for third graders with emphasis on wholesome snacks and plate waste reduction.

OVERVIEW: The program enabled third grade students to understand and master basic nutrition skills in a positive environment through discussions, participation in nutritional activities, menu planning and meal preparation. The students worked in the classrooms one hour each week, cooking, listening to guest speakers from the community and using additional nutritional materials with emphasis on wholesome snacks. In addition, a trade and swap table was initiated to decrease plate waste. Other activities included: making food models representative of the four food groups, visiting a bread factory, producing snacks throughout the year, and preparing a breakfast. Materials developed include a "Healthy Cookbook" containing recipes prepared by the children during the year and presented on Mother's Day.

FUNDING: $900.00

CONTACT PERSONS: Andrea Vecchio and Helen Clement, Kiel Elementary School, Kiel Avenue, Kinnelon, N.J. 07405. (201) 838-5500.

KINNELON SCHOOL DISTRICT

Morris County **Grades - K, 3-5**

DESCRIPTOR: Nutrition awareness education and activities for students in kindergarten and grades 3-5, with "hands-on" learning experiences.

OVERVIEW: A formalized nutrition program was introduced to students in grades 3-5 and kindergarten designed to reduce food waste and to alter their eating habits by increased nutritional awareness. The program stressed student involvement with a "hands on" approach. A grade level textbook was supplemented with learning activities, learning stations and outside consultants. Nutrition awareness was heightened by project work involving food preparation, collages, and a tour of cafeteria facilities. Breakfast and luncheon menus were developed and made; the four basic food groups were learned; a poster contest was initiated; and collages were displayed in the cafeteria. Teachers and lunch aides noted a significant change in the types of snacks brought by the children in grades 3-5.
Materials developed include nine learning stations (grades 3-5) and a resource book detailing the films, filmstrips, models, posters, records, games and activities available for each grade level, correlated with the text.

FUNDING: $3,480.00

CONTACT PERSON: Robert Kramer, Stonybrook Elementary School, Boonton Avenue, Kinnelon, N.J. 07405. (201) 838-5500.

MENDHAM BOROUGH SCHOOL DISTRICT

Morris County **Grades - K-3**

DESCRIPTOR: Nutrition education for students grades K-3, with special emphasis on nutritious snacks; recipe books compiled.

OVERVIEW: Addressing approximately 200 students in grades K through three, the program made them aware of the value and benefits of a healthy diet, with special reference to snacks. The children studied the kinds of nutrients needed and the foods that provide them; learned to make proper food choices; made their own snacks, sharing them and the recipes with others; and worked within their teams on common projects which culminated in a "snack week". For this, they made up shopping lists for the foods needed; team aides purchased the food; and the children made and sampled their team's recipes. Each team developed its own recipe booklets: Kindergartners used all their snack money on fruit, drawing pictures for their recipes; first graders worked with fresh vegetables; second and thrid graders focused on snacks they could make at home, compiling recipe booklets to take home.

FUNDING: $1,256.00

CONTACT PERSON: Priscilla Stickel, Hilltop Elementary School, 12 Hilltop Road, Mendham, N.J. 07945. (201) 543-4251.

MENDHAM TOWNSHIP SCHOOL DISTRICT

Morris County

Grade - Kindergarten

DESCRIPTOR: Emphasis on nutritious snacks for kindergartners, with nutrition education, food selection and preparation, and compilation of recipe books.

OVERVIEW: With emphasis on the daily snack in kindergarten, the program enabled 45 kindergartners to develop good eating habits and to master basic food selection and preparation skills. The children were introduced to foods of high nutritional value and learned to prepare their own nutritious snacks. Their nutrition knowledge was broadened through group lessons, learning centers and informal discussions; they brought in recipes for food selection and preparation; improved attitudes about unknown foods through tasting parties; learned to use kitchen utensils; and, through excellent parental involvement and participation, carried over the projects to the home. Outstanding events were nutritious holiday parties and a culminating picnic for all the children and their parents, all planned and prepared by the children. Materials developed include cookbooks containing recipes of the snacks prepared, with a photograph of each child on the cover; pre and post program evaluation questionnaires for parents; a bound photographic essay documenting the program; and recipe charts and cards.

FUNDING: $980.00

CONTACT PERSON: Ann Cunniff, Mendham Township Elementary School, West Main Street, Brookside, N.J. 07926. (201) 543-7107.

MONTVILLE TOWNSHIP SCHOOL DISTRICT

Morris County **Grades - 1, 2 and 6**

DESCRIPTOR: Cooperative nutrition education activities by sixth graders working with first and second grade students.

OVERVIEW: The program enabled 50 sixth graders to work cooperatively with 50 second and 25 first graders in learning about vitamins and the four basic food groups. Through a variety of activities, the program helped to: counteract the negative influence of the media on children's eating habits; instruct the students on the nutritional alternatives that constitute a proper diet; and develop confidence in making appropriate, healthful food choices. Among the activities, the students developed a filmstrip and learning activity booklet to share with the second graders; created original nutrition posters with first graders on the four basic food groups; established "Vitamin Days" to share information and foods; visited, and took slides of, the local produce market, grocery, meat market, dairy and bakery; selected foods from local markets; and prepared a nutritious meal and a personal menu chart for one week, evaluating each other's menus for nutritional content. The interaction of older and younger students within a structured learning environment fostered a positive learning climate. Materials developed include a filmstrip developed by the students, to be kept in the school media center, and posters displayed at school.

FUNDING: $1,000.00

CONTACT PERSONS: Marianne Dispenziere and Gail Palmer, William Mason Elementary School, 5 Shawnee Trail, Montville, N.J. 07045. (201) 335-4610.

MONTVILLE TOWNSHIP SCHOOL DISTRICT

Morris County **Grades - 4-6**

DESCRIPTOR: Nutrition education to improve bag lunches for students grades 4-6.

OVERVIEW: Addressing 167 students in grades 4 through 6, the program was designed to improve their bag lunches through basic nutritional facts offered weekly in the classrooms and through rap sessions conducted during their lunch period. Classroom presentations given by the classroom teacher and school nurse included filmstrips; and the weekly rap sessions encouraged better eating habits through knowledge, peer pressure and the presence of the school nurse. The year culminated in a special lunch prepared by the PTA for the entire school. The effectiveness of the program in teaching students food awareness and nutrition education has promoted the teaching of nutrition at all grade levels in the school.

FUNDING: $639.00

CONTACT PERSON: Marion Farner, Valley View Elementary School, Montgomery Avenue, Montville, N.J. 07045.

MORRIS SCHOOL DISTRICT

Morris County

Grades - K-3

DESCRIPTOR: Tasting sessions to introduce new foods to students, grades K-3, through parent volunteers and the school's lunch program, with recipes distributed to parents.

OVERVIEW: Using all classrooms and school cafeterias in four schools K-3, the program provided a "Taste-of-the-Month" to each student by a parent volunteer who spent 15 minutes per month in each classroom speaking and serving food samples. Scheduling was arranged by the building principals. At some time during the same month, the school dietitian served that food to the youngsters as part of the regular lunch program. Recipes involving that food were distributed to the students to be taken home, and random telephone surveys were made to the parents. The program was thus designed to teach the students good habits, broaden their acceptance of healthful foods, discourage "junk" food habits, reduce plate waste in the cafeterias, and develop a correlation between nutrition education at school and good habits at home and in the lunchroom. A positive change was noted, especially by parents, in the children's attitudes toward food. Materials developed include recipe sheets for home use, lesson plan outlines, collage style posters and drawings made by volunteers to illustrate their lessons, and telephone survey question and answer forms.
question and answer forms.

FUNDING: $1,000.00

CONTACT PERSON: Ellen Roberts, Morris School District, 40 Mills Street, Morristown, N.J. 07960. (201) 539-6100.

MOUNT OLIVE TOWNSHIP SCHOOL DISTRICT

Morris County **Grade - 1**

DESCRIPTOR: Knowledge and preparation of nutritious snacks for first graders, with cookbook compilation and parental involvement.

OVERVIEW: The program was designed to provide 125 first graders with an understanding of nutritious foods through a multisensory approach, with emphasis on healthy snacks from the basic four food groups - cereals, meats, fruits and vegetables, and milk. The objective was to help the youngsters become aware of and select healthy snack foods. Using a portable cooking center as a learning laboratory, the students shared in the preparation of healthy snack foods from each of the four food groups. Volunteer mothers assisted in the classroom to enable each student to become actively involved in preparing the snacks and to encourage social interaction among the students. As a culminating activity, a healthy snack party was held. Materials developed include a cookbook containing the recipes used which each student took home, and health songs written by the teacher which were sung by the students in the classroom.

FUNDING: $1,590.00

CONTACT PERSON: Phyllis Hughes, Budd Lake Elementary School, Route 46, Budd Lake, N.J. 07828. (201) 347-6000.

ROCKAWAY BOROUGH SCHOOL DISTRICT

Morris County **Grade - 1**

DESCRIPTOR: Nutritious breakfasts studied, planned and prepared by first graders, and compiled into recipe book.

OVERVIEW: The program was designed to make first grade students aware of the need for a nutritious breakfast. It arose from a survey taken of the first graders indicating that 75% did not have a balanced breakfast or any breakfast at all. Twice a week the youngsters planned, prepared and served breakfast in school. Their efforts culminated in a special breakfast they prepared for their families, to encourage carry-over into the nutrition of the whole family. A booklet of menus and recipes made by the students was sent to each student's home.

FUNDING: $970.00

CONTACT PERSONS: Doris Morrison and John Phillips, Washington Elementary School, Academy Street, Rockaway, N.J. 07866. (201) 627-1090.

ROXBURY TOWNSHIP SCHOOL DISTRICT

Morris County **Grade - Kindergarten**

DESCRIPTOR: Cooking experiences and nutrition information for kindergarteners, involving field trips and cookbook compilation.

OVERVIEW: The program was designed to enable 105 kindergartners to make intelligent food choices and establish healthful dietary habits. Various activities were undertaken to develop within them a desire for high-content vitamins, minerals and protein foods that nourish the body. Activities included: food tasting parties involving fresh fruits and vegetables; field trips to farms, restaurants and supermarkets; cooking experiences in making such foods as jello, vegetable soup, ethnic food, popcorn, butter, ice cream, applesauce, peanut butter and cupcakes. Parents were involved through a newsletter, workshops and visitations. Food booklets made by the children were brought home to their families.

FUNDING: $3,555.00

CONTACT PERSON: Regina DeRogatis, Franklin Elementary School, 8 Meeker Street, Succasunna, N.J. 07876. (201) 584-5549.

BARNEGAT TOWNSHIP SCHOOL DISTRICT

Ocean County **Grades - K-3**

DESCRIPTOR: Nutritious breakfast-and-snack education for students, grades K-3, including snack preparation, supermarket trip and exercise.

OVERVIEW: The program was designed to introduce nutrition education to approximately 220 students in grade K-3, emphasizing the importance of exercise, breakfast and nutritious snacks in good health. Since the school is on split session, breakfast was served to the morning group and lunch to the afternoon group. Through the film strip series, "Winnie the Pooh, Nutrition and You", children were taught the values of a balanced diet. Items on the cafeteria bulletin board developed by the children helped to change the atmosphere and encourage better table manners and proper eating habits. Trips to a supermarket emphasized nutritious snacks, good consumerism, and the elimination of costly "junk" foods in the shopping cart and in the diet. The food-facility was used to prepare a snack party, a nutritious meal party and a party introducing new foods to be tasted. Materials developed include: "Guide for A&P Supermarket Trip, Good Consumerism Guide;" "Show and Tell Nutritious Snack Letter;" "Snack/Party Mix for Class Project."

FUNDING: $899.00

CONTACT PERSON: Elizabeth Selander, Elizabeth Edwards Elementary School, 382 North Main Street, Barnegat, N.J. 08005. (609) 698-6644.

JACKSON TOWNSHIP SCHOOL DISTRICT

Ocean County **Grade - Kindergarten**

DESCRIPTOR: Nutritious snack education for kindergartners, with menu booklets, snack preparation and tasting sessions.

OVERVIEW: The program enabled 50 kindergarten children in 2 classes to develop positive attitudes toward eating nutritional food through preparing and tasting nutritious snacks, discussing nutritious foods, viewing films and filmstrips, writing jingles, making puppets about the four food groups and having tasting parties for each food group. They developed an understanding of the relationship of nutritious food to healthy body growth. Involvement of parents in snack preparations helped improve the children's eating habits. The program culminated in a dramatic presentation and nutritious snack-tasting party to which head start and preschool students and parents were invited.
Materials developed include: an original play entitled "Nutrition City", performed by the kindergartners at the end of the year; Take and Do activity cards, designed to develop nutrition awareness; a booklet of nutrition jingles for each food group; survey on the kinds of foods children eat; and individual booklets about the food groups, written by the children and brought home to their families.

FUNDING: $2,950.00

CONTACT PERSONS: Georgia Elms and Beverly Shavinsky, Lucy Holman Elementary School, Manhattan Street, Jackson, N.J. 08527. (201) 928-1400.

JACKSON TOWNSHIP SCHOOL DISTRICT

Ocean County **Grades - 1 and 2**

DESCRIPTOR: Cooking experiences in making breakfasts and nutritious snacks, for first and second graders.

OVERVIEW: The program enabled 60 first and second graders with little knowledge of good nutrition to learn about proper nutrition through a hands-on cooking program conducted one hour per week in each of their respective classrooms. For these sessions, the children chose pictures that comprise a good breakfast, and an appropriate menu for lunch. Through class discussion and observations, teachers noted changed attitudes and an improved awareness of good nutrition, with more nutritious lunches and snacks brought in. Materials developed include a cookbook of the recipes used.

FUNDING: $2,500.00

CONTACT PERSONS: Phyllis Weissman and Elaine Margaretta, Sylvia Rosenauer Elementary School, 25 Citadel Drive, Jackson, N.J. 08527. (201) 364-1144.

JACKSON TOWNSHIP SCHOOL DISTRICT

Ocean County **Grades - 3-5**

DESCRIPTOR: Breakfast and lunch preparation by students, grades 3-5, with compilation of recipes used in class and in county 4-H contests.

OVERVIEW: The program enabled approximately 50 third, fourth and fifth grade students to prepare nutritious breakfasts and lunches, to serve them in attractive and appropriate settings, and to participate in sharing a meal in a social setting. The students learned to use kitchen facilities; wrote menus; prepared meals and ate them; learned table setting and serving; developed social skills related to meal times; compiled a cookbook which they shared with families and friends; and participated in 4-H food contests both in and out of the classroom, receiving awards in county contests. The cookbook developed by the students contains recipes related to areas of the curriculum and recipes used by the students in the 4-H contests.

FUNDING: $1,000.00

CONTACT PERSON: Daryl Marsala, Rosenauer Elementary School, 25 Citadel Drive, Jackson, N.J. 08527. (201) 364-1144.

JACKSON TOWNSHIP SCHOOL DISTRICT

Ocean County **Grade - 4**

DESCRIPTOR: Preparation of breakfasts, lunches and snacks by 4th graders, with skills acquired in serving and dining; cookbook compiled.

OVERVIEW: The program enabled approximately 50 fourth grade students to prepare nutritious breakfasts, lunches and snacks; to serve them in an attractive and appropriate setting; and to increase social mealtime skills through dining together. With approximately half of the students coming from families with two working parents, they were often preparing their own breakfasts, eating poorly balanced meals or skipping them completely. Activities involved use of the kitchen, film and filmstrips, and community resource speakers. Students prepared food, and practiced table setting, serving and dining. Materials developed by the students include a cookbook of all tried recipes distributed to each student, a nutrition play, nutrition folders containing games and information, and posters displayed around the building.

FUNDING: $920.00

CONTACT PERSONS: Sophie Keidel and Elena Giuliano, Lucy Holman Elementary School, Manhattan Street, Jackson, N.J. 08527 (201) 928-0765.

POINT PLEASANT BEACH SCHOOL DISTRICT

Ocean County **Grade - 6**

DESCRIPTOR: Study by 6th graders on plate waste, including surveys of food preferences, with findings and suggested solutions presented to administration.

OVERVIEW: Addressing a class of 32 sixth grade students, the program attempted to provide solutions to the plate waste problem. Following instruction in nutrition education, problem-solving techniques, and development of critical thinking processes of analysis, synthesis and evaluation, students applied their learnings to a study involving plate waste disposal. Among their activities, they conducted a survey on food preferences and menu plate waste; obtained and evaluated school menus; analyzed survey results; and prepared the results of their study in a report presented to the local district administration for consideration. Materials developed include a unit on "Survey Development and Administration"; materials and surveys to accomplish the study on plate wastage and food preferences; and posters for permanent display on nutrition education.

FUNDING: $1,000.00

CONTACT PERSONS: Dorothy Armstrong and Joseph Krautheim, G. Harold Antrim Elementary School, Noblick Street, Point Pleasant Beach, N.J. 08742 (201) 899-8840.

NORTHSIDE FORCES YOUTH DEVELOPMENT PROGRAM PATERSON

Passaic County **Ungraded - ages 6-14**

DESCRIPTOR: Nutrition education for low income students, ages 6-14, in a Youth Development Program, through writing and acting in filmed nutrition skits.

OVERVIEW: The program involved 120 children, ages 6 to 14, enrolled in the Youth Development Program in nutrition education for themselves, their parents and other children. The children were separated into five groups, each selecting a nutrition related subject. Guided by an adult staff member, they researched the subject, wrote the script, produced, directed and acted in the skits which were filmed and then viewed by the other children in the program. They critically reviewed each film, voting for best actor/actress, script, make-up, costumes, etc. At the end of the summer program, the films were shown on parents' night, with awards given for excellence in each category. The films have been used as instructional material for Day Care Centers and offered to the schools. To secure information for the skits, the students increased their knowledge of good nutrition and learned its importance. As a result of the project a regular class in nutrition education was implemented to benefit both the children and their families, largely of low income level.

FUNDING: $1,520.00

CONTACT PERSONS: Marilyn Daly and Maria A. Benavides, Northside Forces Youth Development Program, 9-13 North First Street, Paterson, N.J. 07522

PATERSON SCHOOL DISTRICT

Passaic County **Grades - K-6**

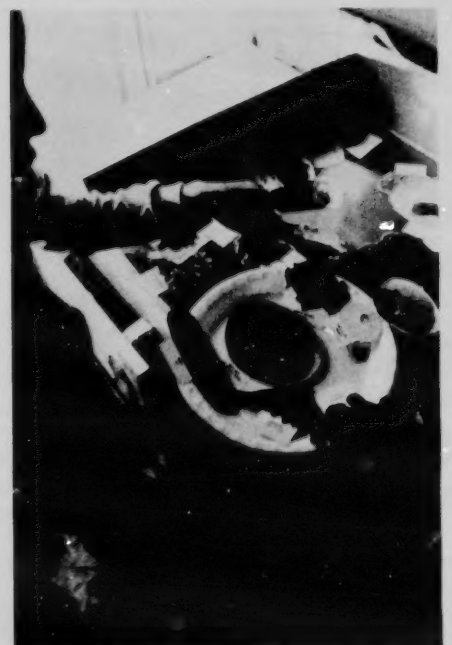
DESCRIPTOR: Comprehensive nutrition program for all students, grades K through 6, their teachers, parents and community members, emphasizing nutritious snacks and plate waste reduction.

OVERVIEW: The program provided approximately 175 students in grades kindergarten through 6 with an intensive, sequential nutritional education emphasizing the importance of good nutrition in the diet, improving snack selection, and reducing plate waste. All classroom teachers received special orientation and training before implementing the program. With no comprehensive program offered in the school system, the program was designed as interdisciplinary, encompassing all curricula areas and strengthening basic skills as well as teaching nutritional concepts. Parents and community members were involved through newsletters, video-tape presentations, interviews and skits on the local radio station, and guest resource persons in the classrooms. All activities, including field trips and cooking experiences, were designed to make students, parents and the community aware of the importance of good eating habits and diet.

Materials developed include a videotape and slide presentation of a play, "A Vegetable Parade"; pictures of the project of hatching chicks; booklets on the study of corn and pizza; a compilation of recipes of foods prepared; a packet on "The Importance of Breakfast"; and several art projects created by various students.

FUNDING: $4,800.00

CONTACT PERSONS: Lester Rutland, Joan Welch, Edward Kilpatrick Elementary School, Corner of Summer and Ellison Streets, Pterson, N.J. 07501, (201) 271-2121.



PATERSON SCHOOL DISTRICT

Passaic County **Grades - 5-7**

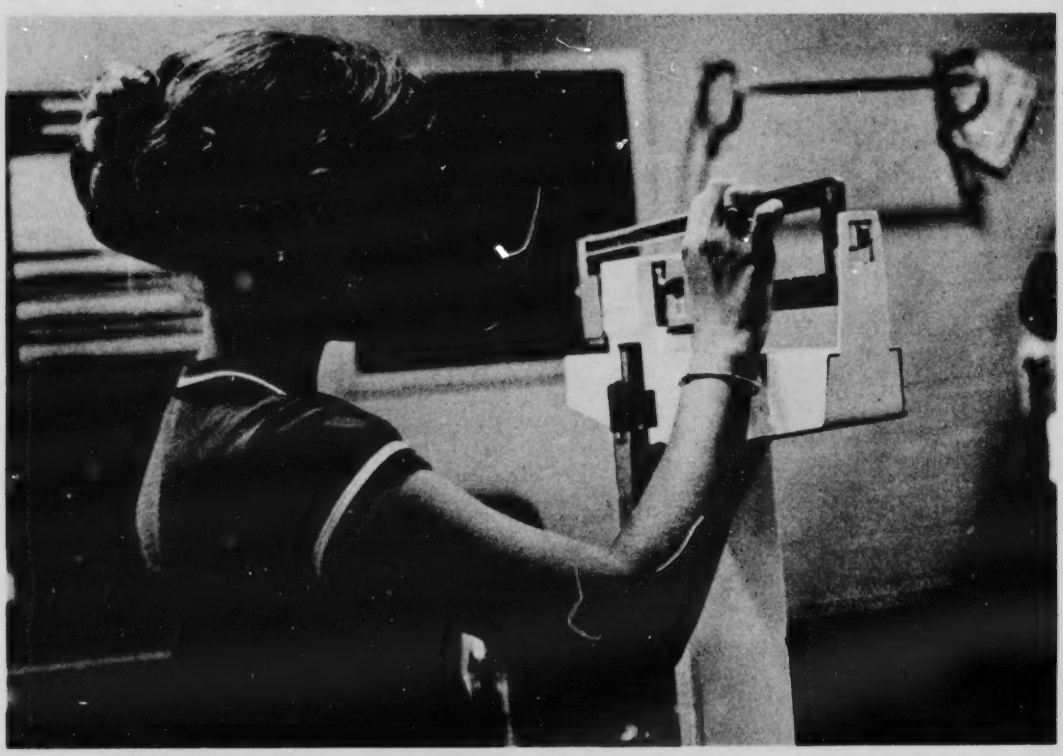
DESCRIPTOR: Consumer education for students, grades 5-7, stressing merchandising techniques that influence food selection, with videotape produced.

OVERVIEW: Addressing 250 students, grades 5-7, the program stressed the consumer aspects of nutrition and foods, using a multi-media approach in a variety of activities. Students were made aware of the many consumer pitfalls in labelling and information; of junk foods and how they can appear in so-called nutritious products; of the various food preparation methods and how they affect nutrition; and of ethnic cookery. Trips were taken to many areas. Videotapes developed by the students in various nutritional fields were disseminated throughout the district resource center, affecting 28,000 students and 1,200 teachers. The program was taped in both English and Spanish since the students were bilingual. The emphasis on consumer education regarding merchandising techniques improved the students' snacking choices and reduced plate waste at lunchtime.

With the program conducted in several schools, materials developed included a variety of posters, collages, recipes, menus, video cassette tapes, charts, kits, filmstrips and food pictures.

FUNDING: $5,000.00

CONTACT PERSONS: Lester Rutland and Joan Welch, Edward Kilpatrick Elementary School, Corner of Summer and Ellison Streets, Paterson, N.J. 07501 (201) 271-2121.



ST. JOSEPH'S ELEMENTARY SCHOOL
PATERSON

Passaic County **Grades - K-8**

DESCRIPTOR: Extensive nutrition education curriculum for students K-8 in an inner city non-public school, their parents and teachers.

OVERVIEW: The program provided a comprehensive nutrition education for the children of an inner-city, non-public elementary school, involving pre-kindergarten through 8th grade students, their teachers and parents. Through instruction and workshops for both parents and teachers, the program attempted to initiate life-long, positive nutritional habits; the children were taught good nutrition in the classroom, and the parents were taught food planning. Through field trips the students observed proper food processing and handling; through instruction, they learned how proper nutrition and essential vitamins affect the skeletal, digestive, nervous, muscular and endocrine systems, and total body development. Tests indicated substantial increase in nutrition knowledge and awareness, with improved eating habits.
Materials developed include nutrition nursery rhymes, coloring book stressing the four food groups, activity sheets on breakfast foods and proper food planning, vocabulary workbook, taped commercials stressing good nutrition, and a slide presentation emphasizing the food groups and the importance of a balanced diet.

FUNDING: $5,000

CONTACT PERSON: Peter Salzano, St. Joseph's Elementary School, 279 Carroll Street, Paterson, N.J. 07501 (201) 523-6358

RINGWOOD SCHOOL DISTRICT

Passaic County **Grade -4**

DESCRIPTOR: Multidisciplinary nutrition education for 4th graders, with emphasis on a balanced diet.

OVERVIEW: The program provided 75 fourth grade students with an overview of what constitutes a balanced diet. The multi-disciplinary learning approach included whole class, small group, individualized and independent instruction covering nutrition areas such as balanced diet, food groups, snacks, and food fads. Through the use of audio-visual aids, puzzles, games, worksheets, experiments, discussions, research, mobile and poster construction, and surveys, the children gained a better understanding of nutritional needs which constitute a balanced diet. In addition, reading, writing and math skills were reinforced.

FUNDING: $1,887.00

CONTACT PERSON: Thomas Kroncke, Eleanor Hewitt Elementary School, Sloatsburg Road, Ringwood, N.J. 07456 (201) 962-7025

PITTSGROVE TOWNSHIP SCHOOL DISTRICT

Salem County **Grade - 6**

DESCRIPTOR: Nutrition education, cooking experiences, and production of television commercials, to combat commercial advertising.

OVERVIEW: Serving approximately 120 sixth grade students, the program was designed: to educate them in making sound nutritional decisions in the face of the persuasive advertising techniques of commercial television; to develop better eating habits; to become better consumers of food products; and, in general, to become aware of proper nutritional values. To fulfill these goals, classroom lessons were given on proper nutrition; field trips were taken to T.V. stations; guest speakers addressed them on nutrition and advertising; cooking experiences were provided; and the students actually produced, wrote, edited and directed their own TV food commercials. This involved all necessary planning, from writing the script to cooking meals for the commercials.

Materials developed include the student TV commercials and puppets which were used by them.

FUNDING: $5,000

CONTACT PERSON: Henry Bermann, Arthur Schalick High School, Elmer-Centerton
TACT PERSON: Road, R.D. -1, Elmer, N.J. 08318 (609) 358-8172

FRANKLIN TOWNSHIP SCHOOL DISTRICT

Somerset County **Grade - Kindergarten**

DESCRIPTOR: Nutrition program for kindergartners with activities designed to encourage healthy choices.

OVERVIEW: The program provided 144 kindergartners with a knowledge of nutrition as it relates to growth, healthy teeth, food workers, consumers and nutrition practices through participation in The School Health Curriculum Project, "Happiness Is Being Healthy". The children drew pictures, learned songs, participated in puppet shows, read stories, prepared nutritious snacks, and were addressed by the nurse and a physician. The program emphasized that one's choices can contribute to either the occurrence or the prevention of nutrition health problems.

FUNDING: $1,468.00

CONTACT PERSON: Lois Weinfeld, Franklin Township Public Schools, One Railroad Avenue, Somerset, N.J. 08873 (201) 873-2400.

FRANKLIN TOWNSHIP SCHOOL DISTRICT

Somerset County **Grade-4**

DESCRIPTOR: Nutrition education for fourth graders to reduce plate waste at lunch.

OVERVIEW: Designed to reduce plate waste and change school lunch behavior, the program helped fourth grade students understand good health and nutrition habits, meal choices and planning, food value and weight control, and the importance of developing better eating habits. Strategies employees included discussions of balanced meals, posters, bulletin board displays, worksheets, food models and filmstrips. Both the experimental group (target population) and the control group (another fourth grade class) had their plate waste weighed each day. Results clearly showed that the food waste each lunch period was significantly lowered in the target population.

FUNDING: $441.00

CONTACT PERSONS: Patricia Saro and Francis MacCambridge, Hillcrest Elementary School, Franklin Boulevard, Somerset, N.J. (201) 873-2400.

ANDOVER REGIONAL SCHOOL DISTRICT

Sussex County **Grade - 4**

DESCRIPTOR: Basic nutrition education to improve snack selection and reduce plate waste, with production of six original slide tape stories.

OVERVIEW: To improve snack selection and reduce plate waste in the school lunches, the program provided 30 fourth grade students with knowledge of the basic four food groups and encouraged them to develop positive attitudes in the selection and consumption of nutritional foods. Grouped in six committees of five children each, the students created six original health stories and produced slides and taped narratives of their stories. These were then presented to the other fourth grades, providing opportunities for them to learn the four food groups. Pre-and post-tests of nutritional attitudes indicated positive growth and improvement in eating breakfast, in selecting fruits and vegetables rather than sweets, in drinking more milk, in not skipping meals, and in efforts to eat all the food on their plates. Materials developed include collages of the basic four food groups and six taped narratives or original nutrition stories with slides accompanying each story made from illustrations created by the students.

FUNDING: $512.00

CONTACT PERSON: Jeanne Capozzi, Long Pond Elementary School, R.D.-1, Box 339, Newton, N.J. 07860 (201) 83-3743

SUSSEX-WANTAGE REGIONAL SCHOOL DISTRICT

Sussex County **Grade 2**

DESCRIPTOR: Breakfast nutrition and preparation, for 2nd graders, with production of filmstrip, cassette and recipe book.

OVERVIEW: Stressing good breakfast nutrition, the program enabled 30 second graders to understand what foods should be included in an adequate breakfast, why a good breakfast is important, how they can improve their own breakfast eating habits, thereby teaching their families. Activities included playing games, viewing filmstrip series, compiling file cards on well balanced breakfasts for home use, planning and cooking nine basic breakfast menus, and producing a filmstrip-cassette narrative, "Better Breakfasts Make Better Days". The culminating activity was a classroom breakfast program party, enjoyed by 80 friends, family members and children. Results showed significant improvement in breakfast consumption: a questionnaire completed on the first day of school showed 5 children out of 26 had a well balanced breakfast as compared with 23 out of 27 children on the last day of school. Materials developed include the filmstrip-cassette, "Better Breakfasts Make Better Days," available for viewing, and a Nutritious Snack Book of Recipes compiled by the class as a gift for each family.

FUNDING: $1,000.00

CONTACT PERSON: June Harde, Wantage Elementary School, Route 23, Sussex, N.J. 07461 (201) 875-4589.

VERNON TOWNSHIP SCHOOL DISTRICT

Sussex County

Grade 1

DESCRIPTOR: Nutritious snack education for first graders with cookbook compilation and luncheon party for mothers.

OVERVIEW: Designed for 30 first graders, the program provided a classroom cooking center to improve the quality of snacks young children choose and to enable them to experiment with making and eating nutritious snacks. The youngsters surveyed their own snack food consumption, learned and analyzed the nutritive value of food, and discovered alternatives to traditional choices. Activities included: teacher presentation of nutritious books and filmstrips, followed by class discussion; bulletin boards for reinforcement; surveys at the beginning and end of the year of their snacking habits; preparation of snack recipes in the classroom kitchen; development of a booklet of recipes used, copies of which were given to the school library and to each first grader; and a good-sense snack-exchange shared with all other first graders. The culminating activity was a luncheon planned, prepared and served to their mothers. Snack survey revealed a positive change in the children's snack choices. Materials developed include a list of cookbooks for children, list of resources that offer nutrition education materials, list of children's books highlighting good nutrition, and the cookbook of recipes used by the children.
cookbook of recipes used by the children.

FUNDING: $895.00

CONTACT PERSON: Iris Karnas, Rolling Hills Primary School, Sammis Road, Box 428, Vernon, N.J. 07462 (201) 764-4071

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ELIZABETH SCHOOL DISTRICT

Union County

Grades - pre K-3 and special education

DESCRIPTOR: Food tasting parties for children Pre-k—3 and special education students, to learn new foods and reduce plate waste.

OVERVIEW: The program proviced food tasting parties for students in pre-k through third grades and handicapped children in special education classes, to foster an appreciation of unfamiliar foods. Since elementary children cling to family food preferences which are often based on ethnic biases, their reluctance to experiment with unfamiliar foods resulted in high plate waste or low lunch participation. The pilot program in a school of diversified cultural mix was designed to remedy both situations. Children were instructed in the principles of nutrition; participated in food tasting parties in their classrooms once a month to compare hot, cold, sweet, sour and salty foods. During the tasting, a home economics teacher not only discussed the nutrient content of each food using charts and flash cards to reinforce learning, but also promoted new foods on the school menu. Plate waste was reduced as the children learned to enjoy various flavors and textures of food. The motto was "Try it before you 'boo' it". Materials developed include score sheets for food acceptance and a survey on food choices.

FUNDING: $3,975.00

CONTACT PERSON: Ruth B. Moskowitz, Director Food Service, Elizabeth Board of Education, 500 North Broad Street, Elizabeth, N.J. 07207 (201) 353-2200

ELIZABETH SCHOOL DISTRICT

Union County

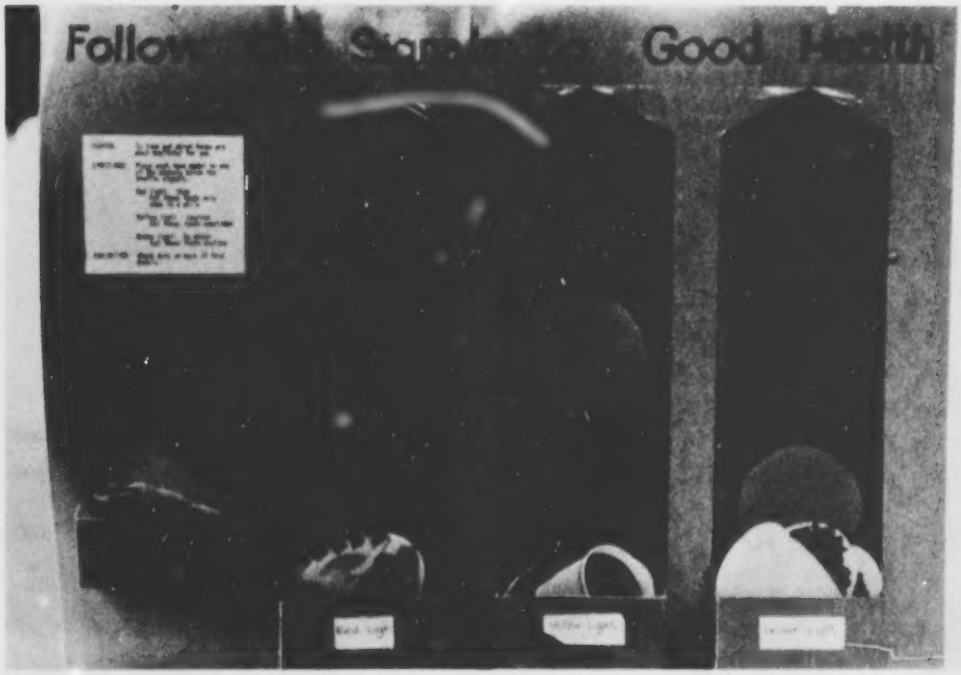
Grades K-5

DESCRIPTOR: Lunch program served family style to students grades K-5 to reduce plate waste, teach nutrition and table manners, and increase lunch participation.

OVERVIEW: Serving 200 elementary students, grades K-5, the program was designed to reduce plate waste, teach nutrition and table manners in the lunchroom, and increase participation in the school lunch program. To accomplish this, a family-style food service was tested, to replace the current frozen pre-plated meals which were often excessive for younger children and insufficient for the older ones. The food service was changed to a bulk system, heated and assembled on site and served family-style at the table. In addition, senior citizens were welcomed to share lunch with the children thereby encouraging family togetherness. Nutrition education was made part of the lunch hour, using audio-visuals, wall posters, games and stories. Plate waste was reduced substantially, and lunchroom participation increased to 100%. Materials developed include a nutrition quiz to assess knowledge gained and a student food interest survey to encourage student involvement.

FUNDING: $3,711.00

CONTACT PERSON: Ruth B. Moskowitz, Director Food Service, Elizabeth Board of Education, 500 North Broad Street, Elizabeth, N.J. 07207 (201) 353-2200.



ELIZABETH SCHOOL DISTRICT

Union County

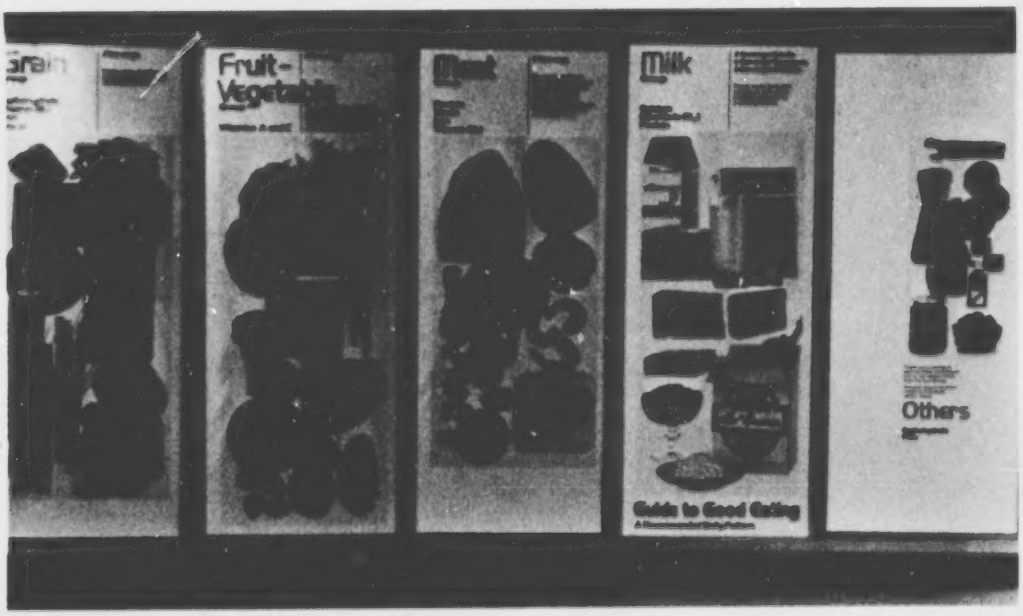
Grades - 1 -5

DESCRIPTOR: Nutrition program for students grades 1 - 5, to encourage participation in the cafeteria lunch, reduce plate waste and eliminate "brown-bagging" from home.

OVERVIEW: The program demonstrated to parents and students in the elementary schools (approximately 900 students grades 1-5) that the cafeteria Type A lunch is more economical and nutritious than the brown-bag lunches brought from home, which frequently contain candy, packaged cakes, soda, high fat and salty snacks. Learning experiences were provided in the classroom and foods on the school menu were discussed, sampled and prepared; lunch hour became "fun and games" with audio-visuals and planned activities; monthly menus carrying nutrition information were printed and sent home; students were taken to the local supermarket to purchase ingredients for a comparable lunch; students learned to recognize the basic four food groups in the school menu, and were willing to taste new foods; and plate waste decreased noticeably. Participation in the school lunch increased as parents gained confidence in the program, reaching 100% by the Spring, as brown bags from home disappeared. Materials developed include nutrition pre-test for grades 1 through 5, and written exercises and activities to enlarge food and nutrition vocabulary and improve eating habits.

FUNDING: $3,398.00

CONTACT PERSON: Ruth B. Moskowitz, Director, Food Service, Elizabeth Board of Education, 500 North Broad Street, Elizabeth, N.J. 07207 (201) 353-2200



CHILDREN OF THE RAINBOW SCHOOL, INC. PLAINFIELD

PLAINFIELD
Union County

Grades - 1-8

DESCRIPTOR: Nutrition knowledge and food preparation by children ages 5-12 in a private agency, culminating in an International Dinner prepared for parents.

OVERVIEW: Designed as a ten week course, two hours each week, for 20 urban children, ages 5-12, the program provided knowledge and skills in preparing well-balanced meals for proper nutrition; safe use of kitchen tools; and awareness of healthy foods. The children learned to read and interpret food labels; evaluate basic food additives; differentiate between "junk" foods and nutritious snacks by selecting products for the Hall of Shame and the Hall of Fame; forage for their own food on a camping trip; and enhance their nutrition knowledge through films, field trips, lectures, and the preparation of two sample meals. At an International Dinner prepared by them, slides of their activities were shown as a visual log of the program, as well as collages and a mobile they had made.

FUNDING: $917.00

CONTACT PERSON: Linda Bogenschneider, Children of the Rainbow School, Inc., 202 West 8th Street, Plainfield, N.J. 07060 (201) 753-4450.

YWCA - PLAINFIELD AND NORTH PLAINFIELD, PLAINFIELD

Plainfield

Ungraded - ages 8-12

DESCRIPTOR: Snack cooking and nutrition experience for low income summer day camp children, ages 8-12, with production of slide tape presentation.

OVERVIEW: The program involved 32 children, ages 8 through 12, of low income areas in an urban community, attending summer day camp. It stressed the importance of nutrition and avoidance of food waste through practical experience and personal involvement of each child in exploring his/her own food habits. Working in groups of 8 over a two week period, they studied nutrition requirements; used food labels; observed TV and radio commercials; made special snacks instead of junk food to reinforce proper nutrition requirements; visited local health food stores and food stores to compare price and contents of packaged food; and prepared their own slide show food commercials which were viewed by the other children and parents at a family reception. Materials developed include the slide presentation and posters.

FUNDING: $730.00

CONTACT PERSON: Yasmin S. King, YWCA - Plainfield and North Plainfield, 232 East Front Street, Plainfield, N.J. 07060 (201) 756-3836.

RAHWAY SCHOOL DISTRICT

Union County

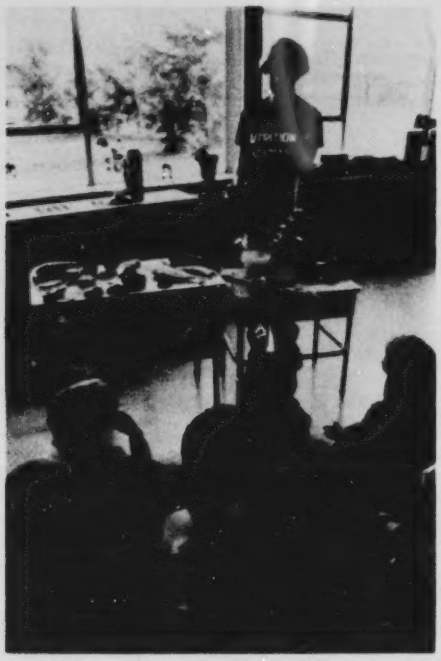
Grade - 6

DESCRIPTOR: Snack nutrition education and food preparation for sixth graders, with development of a Snack 'n Good Recipe Book

OVERVIEW: Addressing approximately 60 sixth grade students, including those mainstreamed, the program attempted to alter student behavior patterns regarding the selection of snack foods. The children were given the opportunity to choose, prepare and serve nutritionally sound food, with the expectation that they would make them a part of their regular diet. Program activities included discussion and analysis of media advertisments which promote snack products; appraisal of labels from various foods students ate; participation in research projects to determine the nutritional values of selected snack items; and the preparation and serving of nutritional snacks and beverages. As culminating activities, the students prepared posters depicting healthful snacks, for placement in the school cafeteria, hallways and classrooms; and they created a snack booth of nutritionally sound recipes for distribution to parents and other students. In addition to the Madison School Snack 'n Good Recipe Book, materials developed include a nutrition quiz, a Student Diet Evaluation Form, and detailed lesson plans on all activities conducted.

FUNDING: $3,672.00

CONTACT PERSONS: Carole Donovan and Frank R. Buglione, Madison Elementary School, P.O. Box 42, Rahway, N.J. 07065 (201) 388-8500, ext. 204.
Route 23, Sussex, N.J. 07461 (201) 875-4589.



SCOTCH PLAINS-FANWOOD SCHOOL DISTRICT

Grade - Kindergarten

UNION COUNTY

DESCRIPTOR: Multicurricular nutrition education for kindergartners relating to math, language arts and social studies, with emphasis on snacks.

OVERVIEW: The program enabled 45 kindergartners to become aware of foods and their nutritional value through activities interrelated to all curriculum areas - reading, math, (counting, measuring, estimating), science concepts, social studies and cultural awareness, and good manners. As each letter of the alphabet was studied, foods beginning with that letter were discussed and a recipe was chosen for preparation in the classroom. A recipe book was developed containing the ones tested in class. Other activities included the use of puppets; parental involvement in evening workshops dealing with foods, especially nutritious snacks; and growing vegetables. The use of nutritious snacks perceptibly increased, with less "junk" foods sent in by parents. Materials developed include recipe charts using pictures and words, a recipe booklet for use at home, puppets of various foods, food charts of the basic food groups, and graphs of food growth.

FUNDING: $685.00

CONTACT PERSON: Rulene DeFrancesco, Elementary School One, Willow Avenue, Scotch Plains, N.J. 07076 (201) 322-7731

SUMMIT SCHOOL DISTRICT

Grade - 4

Union County

DESCRIPTOR: Nutritious snacks prepared and tasted by 4th graders, with favorites included in cookbook "Delicious Nutritious Snacks".

OVERVIEW: The program was designed to expose 30 fourth grade students to the variety of nutritious snacks available as alternatives to the non-nutritious convenience foods they customarily eat; to integrate nutrition with basic skill development; and to evaluate snacking patterns and preferences. Students and teacher jointly selected nutritious snack recipes and, working together in groups of six, prepared the snack. All the fourth graders tasted and evaluated each food. The favored snacks were included in a cookbook of snacks simple enough for intermediate students to prepare without adult supervision. Entitled "Delicious Nutritious Snacks," it was distributed to each of the 150 school families.

FUNDING: $914.00

CONTACT PERSON: Eleanor Hansen, Wilson Elementary School, Beekman Terrace, Summit, N.J. 07901 (201) 273-5355

UNION TOWNSHIP SCHOOL DISTRICT

Grade - 5

Union County

DESCRIPTOR: Information and cooking experiences centering on the basic food groups for 5th graders, culminating in a banquet prepared and served to parents.

OVERVIEW: The program enabled 44 fifth graders to explore the basic four food groups; to prepare healthy foods within each group, to learn proper table setting, and observe kitchen safety rules and hygiene. Introduction to the food groups was accomplished through lectures, film strips, posters and ditto sheets. A great variety of meals was prepared. The children prepared menus for breakfast, lunch and dinner, and kept a record of food eaten for one week. Development of proper attitudes towards food was stressed throughout the program. The program culminated in an invitational buffet meal planned and prepared by the students for their parents. Evaluation of pre- and post-tests indicated significant improvement in knowledge. Materials developed by the program, primarily film strips and ditto sheets, are available for replication.

FUNDING: $740.00

CONTACT PERSON: Josephine Giorgi, Hamilton Elementary School, Burnet Avenue, Union, N.J. 07083 (201) 688-1200

UNION TOWNSHIP SCHOOL DISTRICT

Grade - 5

Union County

DESCRIPTOR: Breakfast nutrition education and cooking experiences for fifth grade students, with preparation of breakfast for all fifth graders.

OVERVIEW: The program enabled approximately 24 fifth grade students to learn the fundamentals of nutrition and improve their breakfast habits. Through student activity sheets, charts, games, filmstrips, discussions, lectures and demonstrations, they recognized the importance of good nutrition and breakfast for good health and optimum learning. They learned the essential nutrients and the four food groups; planned, cooked and served breakfast in their classroom; baked, brought in and sampled homemade breads; toured a supermarket; played games to reinforce information; and prepared a final breakfast to which students from the other 5th grade classes were invited at which nutrition reports were given and a filmstrip shown. Evaluation showed an average growth of 2% between pre and post testing. All 72 students involved in the final breakfast showed overwhelming enthusiasm in eating a properly prepared and served breakfast.

FUNDING: $895.00

CONTACT PERSON: Barbara Porter, Livingston Elementary School, Midland Boulevard, Union, N.J. 07083 (201) 688-1200.

UNION TOWNSHIP SCHOOL DISTRICT

Union County

Grade 5

DESCRIPTOR: Breakfast education and cooking experiences for 5th grade students, with preparation of a Gourmet Ethnic Breakfast for classmates and parents.

OVERVIEW: Addressing fifth grade students and their parents, the program stressed the fundamentals of good nutrition with particular attention to the improvement of breakfast habits. The children studied the key nutrients and the four food groups; planned, shopped and cooked their own nutritionally balanced breakfast; invited parents to participate in selected breakfast activities; planned and prepared an ethnic gourmet breakfast for four 5th grade classes; prepared talks, songs and skits to teach their classmates the principles of good breakfast nutrition; learned to appreciate ethnic foods and customs; kept a record of their daily intake; and evaluated and discussed their findings. Materials developed include menus and recipes of the Gourmet Ethnic Breakfast, survey sheets, and newspaper articles.

FUNDING: $895.00

CONTACT PERSON: Frances Deutsch, Connecticut Farms Elementary School, Stuyvesant Avenue, Union, N.J. 07083 (201) 688-1200.

PHILLIPSBURG SCHOOL DISTRICT

Warren County

Grade 4

DESCRIPTOR: A "nutritious snacking unit" for low income 4th grade students, with information and cooking experiences resulting in recipe booklets.

OVERVIEW: The program encouraged approximately 112 fourth grade students to improve their eating habits by preparing a variety of snack foods chosen from the basic four food groups. The foods were sampled by the children and individual recipe booklets of "junk" food alternatives were prepared by the students to take home. Coming largely from underprivileged environments, the students were not exposed to healthy diet choices at home, with many left alone after school, to choose snack foods on their own. Parents were invited to the demonstrations to learn about nutritious snacks they could provide for their children and carry back to the home environment positive nutrition concepts. Evaluation records of student snacks for one week at the beginning and end of the unit showed improvement in snack choices; furthermore, questionnaires sent home indicated parental approval of the nutritious snacking unit. Materials developed include recipe booklets and lesson plans for "junk" food alternatives½ library books prepared from recipe booklets½ and pictures of students participating in demonstrations.

FUNDING: $1,000.00

CONTACT PERSONS: Lauren Brighton, with Russell DiMarco of the Green Street Elementary School (100 Green St.) and Joanne Wilkins of the Andover Morris Elementary School (South Main St.), Phillipsburg, N.J. 08865 (201) 454-3400, ext. 247, 258.

SECTION III - Grades 7 - 12

LINWOOD SCHOOL DISTRICT

Atlantic County **Grades - 6-8**

DESCRIPTOR: Food preference survey of students, grades 6-8, and their parents resulting in establishment of a permanent salad bar in the lunchroom.

OVERVIEW: The program facilitated the establishment of a Student Nutrition Advisory Council, comprised of students, grades 6 through 8. The council devised and conducted a survey of the eating habits, food preferences and attitudes of the student population and their parents; tallied the results, and met with the administration and food service personnel to make recommendations for menu selection and methods for improving the school lunch program. The students toured the commercial food service facilities in the area, as well as the school lunchroom facilities and interviewed the food service director of the school.
The program resulted in the establishment of a student salad bar in the lunchroom which proved to be very successful. It is now on a permanent basis, with the school board paying for new supplies and equipment to continue the program. Materials available include copies of the food preference survey of students and parents, with a summary of survey results.

FUNDING: $880.00

CONTACT PERSON: Gail Ceresa, Linwood Public Schools, Belhaven Avenue, Linwood, N.J. 08221. (609) 927-3552.

CRESSKILL SCHOOL DISTRICT

Bergen County **Grades - 11 and 12**

DESCRIPTOR: A nutrition education program for junior and senior high school students designed to modify their affective dietary behavior.

OVERVIEW: Addressing over 120 junior and seniors, the project was designed to modify affective behaviors by providing proper nutrition education through an awareness of daily dietary selections, student attitudes towards proper meal planning and food selections would improve. Included in regularly scheduled home economics classes, activities enabled students to evaluate the nutritional value of their food choices both in school and at home; taught them how to buy, store and prepare foods for optimum nutritional value; involved collected of student data and self evaluation charts; and used multi-media materials including texts, filmstrips, displays, reports, food models, and films.
Materials developed include: diet evaluations - to aid the students in evaluating their diets; cafeteria assignment evaluation - to help students analyze their cafeteria work experiences; and cafeteria random sampling of student lunches form - to record and evaluate the nutritional value of lunches chosen by juniors and seniors.

FUNDING: $1,313.00

CONTACT PERSON: Carol D'Elia, Cresskill High School, Lincoln Drive, Cresskill, N.J. (201) 567-5479.

RIDGEWOOD SCHOOL DISTRICT

Bergen County **Grade - 12**

DESCRIPTOR: Nutrition study for 12th grade health classes, involving preparation and presentation of slide-cassette programs.

OVERVIEW: The program enabled two 12th grade nutrition classes (50 students) to produce two slide-cassette programs on "junk" food. The classes planned the programs independently, wrote the sound strip, took many of the pictures, made the tapes and showed the program to other classes. By studying a nutrition topic in depth, producing the slide-cassette program thereon, and presenting it to other high school students, each class was able to enhance the knowledge of basic nutrition principles schoolwide.

FUNDING: $940.00

CONTACT PERSON: Jacob Brown II, Ridgewood High School, 627 Ridgewood Avenue, Ridgewood, N.J. 07451. (201) 444-9600.

EVESHAM TOWNSHIP SCHOOL DISTRICT

Burlington County **Grades - 6-8**

DESCRIPTOR: Nutrition education for middle school students, grades 6-8, through the creation and viewing of six video-tapes on different aspects of nutrition.

OVERVIEW: The project promoted the awareness and knowledge of good nutritional practices for all middle school children, through the creation, preparation and viewing of six video-taped programs related to nutrition education. Each tape, approximately 15-25 minutes in length, covered a different aspect of nutrition, such as basic food groups, wholesome snacks, "junk" foods, weight control, food consumerism and the like. Goals and objectives were developed for the entire series, and a pre-post test was designed to determine the level of nutritional knowledge and practices before and after the instructional period. Small group discussion and seminar-type activities followed each video presentation. The tapes featured interviews with knowlegeable guest "experts" including the district food services supervisor, a professional nutrition consultant, county home economist, author of book on weight control and county consumer protection director and education specialist. Materials developed include the six scripts and video-taped cassettes and the pre-post test to determine nutritional habits and sophistication.

FUNDING: $5,000.00

CONTACT PERSON: Chester Barbieri, Marlton Middle School, Tomlinson Mill Road, Marlton, N.J. 08053. (609) 983-1800.

SHAMONG TOWNSHIP SCHOOL DISTRICT

Burlington County **Grade - 7**

DESCRIPTOR: Nutrition education for 7th grade science class, resulting in production of a slide presentation stressing problems of high sugar intake.

OVERVIEW: The program was designed to acquaint the students with the problems of high sugar levels in their daily diet. As a nutrition unit in a 7th grade science class, activities included using films, making a slide presentation, planning breakfast and luncheon served at school, and planning a nutrition night for the PTA. In making the slide presentation, the students reinforced basic nutrition facts they had learned, becoming more aware of the hidden sugar in foods. They became active "label readers", made posters, took photographs, and learned how to analyze food and plan nutritious meals.

FUNDING: $812.00

CONTACT PERSON: S. Rebecca Entwistle, Indian Mills School, Vincentown, N.J. 08088. (609) 268-0440.

CAMDEN DIOCESAN SCHOOL SYSTEM

CAMDEN **Grades - 7 and 8**

Camden County

DESCRIPTOR: Establishment of a Resource Center, with nutrition education directed to 7th and 8th graders who developed slide-tape presentation for school and community use.

OVERVIEW: The project enabled 120 seventh and eighth graders to improve their eating habits through the educational media purchased. A nutrition resource center was established containing materials available to all grades in the school. These include film strips, slides and other teaching materials. In addition to learning basic nutrition, the students created an original slide presentation, writing narratives and operating audio visual machines. These programs were shared with other classes, the P.T.A., other community groups and the Spanish speaking parents. The entire school became involved through the teaching roles of these 7th and 8th graders.

FUNDING: $2,701.00

CONTACT PERSONS: Betty Dapkiewicz and Sister Cephas, St. Joseph's Pro-Cathedral School, 29th and Westfield Avenue, Camden, N.J. 08105. (609) 964-4336.

GLOUCESTER TOWNSHIP SCHOOL DISTRICT

Camden County **Grades - 7 and 8**

DESCRIPTOR: Nutrition education in the 7th and 8th grade science classes using lab and greenhouse techniques and creating workbooks and posters for use by lower graders.

OVERVIEW: Project FOOD FOR THOUGHT was designed to expand the middle school scientific techniques in the science laboratory and greenhouse, they tested fertilizers, nutrients, gathered information enabling them to identify foods that contain minerals, vitamins and basic elements essential in human nutrition. Using reference material, resource people, and scientific techniques in the laboratory and greenhouse, they tested fertilizers, nutrients, water and soil, measured calories, and charted plant growth. They also worked with food service personnel to consider cafeteria menu alternates and to plan a buffet meal and presentation for parents and faculty staff. Finally, they assessed their own eating habits, pinpointed areas that needed improvement, and planned nutritious menus for their families. The posters and workbooks they prepared were shared with students in the second, third and fourth grade classes in the district.

FUNDING: $4,092.00

CONTACT PERSONS: Enid Morhaleck and Kathleen Schaffer, C.W. Lewis School, Daviston-Erial Road, Blackwood, N.J. 08012 (609) 227-1400.

LOWER CAMDEN COUNTY REGIONAL HIGH SCHOOL DISTRICT #1.

Camden County

Grade - 9

DESCRIPTOR: Nutrition education for ninth graders provided through the planning and execution of a 3-day backpacking trip, with slide-tape presentation.

OVERVIEW: The project enabled 20 ninth grade students to further their knowledge of nutrition and to study necessary daily caloric intake on a three day backpacking trip on the Appalachian Trail in New Jersey. Goals and activities accomplished included: the determination of basal metabolism; identification of foods needed to maintain good nutrition and caloric intake for three days of backpacking; preparation of a food list and planning; and finally, production of a slide-tape presentation emphasizing the nutritional values of the food carried on the trip. This was presented to groups which did not participate in the project. Not only did the students plan the actual trip, from meals to miles, but they were enabled to interact with each other and the teachers in a setting rarely available in the school's normal environment.
Materials developed include 180 slides for use in the presentation, a Basal Metabolism Sheet, Choose Your Food Sheet, Equipment List, and a selected bibliography.

FUNDING: $998.00

CONTACT PERSON: Wallace Hussong, Overbrook Regional Junior High School, White Horse Avenue, Lindenwold, N.J. 08021 (609) 346-3330.

VOORHEES TOWNSHIP SCHOOL DISTRICT

Camden County

Grades - 6-8

DESCRIPTOR: Nutrition education for students grades 6-8, stressing physical fitness and dietary requirements for athletes.

OVERVIEW: Addressing students in grades 6, 7 and 8, the program focused on nutrition for physical fitness. Designed to supplement current course work in nutrition, it stressed dietary requirements for athletes, especially important for team members who frequently fast or, conversely, overeat in order to reach a desired weight. The program was accomplished through classroom instruction and a special assembly featuring a noted speaker from Temple University Center for Sports Medicine and Science, whose area of expertise concerned food for athletes in Olympic competition. All faculty involved in athletic events attended the assembly, participating afterwards in a round table discussion with the speaker. Community exposure of the project was gained through coverage of the assembly in the local papers.

FUNDING: $135.00

CONTACT PERSON: Charlotte Fisher, Voorhees Board of Education, Evesham Road and Holly Oaks Drive, Voorhees, N.J. 08043 (609) 795-5878.

VOORHEES TOWNSHIP SCHOOL DISTRICT

Camden County

Grades - 6-8

DESCRIPTOR: Nutrition education for students grades 6-8 through researching and writing radio spots on nutrition for public information.

OVERVIEW: The program was designed to involve middle school students in a community nutrition project that increased their own knowledge of proper nutrition. Students in grades 6, 7 and 8 researched, wrote and recorded one-minute public information radio spots on nutrition, labeling, shopping tips and budget-wise main dishes, all of interest to the community. Students became more knowledgeable in nutrition topics after extensive research in home economics classes, using a variety of nutrition education books, filmstrips and games.

FUNDING: $611.00

CONTACT PERSON: Charlotte Fisher, Voorhees Board of Education, Evesham Road and Holly Oaks Drive, Voorhees, N.J. 08043 (609) 795-5927.

LOWER CAPE MAY REGIONAL SCHOOL DISTRICT

CAPE MAY

Cape May County

Grades - 9-12

DESCRIPTOR: Nutrition education for high school students in a child care course, benefitting the toddlers in the nursery: recipe book developed.

OVERVIEW: The program offered to high school students enrolled in a child care course a unit on nutrition in relation to the feeding of young children. The students prepared and served nutritious snacks to toddlers during the nursery period which was held twice a week. They conducted individual research and gave oral reports on one food nutrient stressing function in body, chief food sources, and deficiency disease; researched cookbooks to find ideas for nutritious foods for young children; prepared recipes they had researched; and compiled recipe booklets on the most successful snacks they served in the nursery. The course ended with a buffet they prepared and served to the parents, highlighting the nutritious foods the children liked best, at which time the recipe books were distributed.

FUNDING: $1,920.00

CONTACT PERSON: Virginia B. Svard, Lower Cape May Regional High School, 687 Rt. 9, Cape May, N.J. 08204 (609) 884-3475.

VINELAND SCHOOL DISTRICT

Cumberland County **Grades - 9 and 10**

DESCRIPTOR: Nutrition awareness for a 1,500 student high school, grades 9 and 10, involving preparation of "Nutri-News" tapes by home economics students aired daily over the intercom, designed to enhance choice and eliminate waste.

OVERVIEW: In a high school for ninth and tenth grade students, the Home Economics Department developed a food awareness program for the entire student body of 1,500 pupils, designed to enhance their knowledge of nutritious foods, eliminate waste and promote more nutritious selections at food counters. A series of "Nutri-News" tapes of 3-5 minutes were developed and aired daily over the school's intercom system. The Home Economics students were involved in the program for 5 weeks of each 11 week unit. (The school has four 11-week units per year.) In develping the tapes, the Home Economics students learned and applied basic nutritional facts; became acquainted with consumer laws and problems; discussed ways to reduce trash and waste; analyzed foods eaten and calories consumed; and discussed feelings and eating habits that lead to overweight. Materials developed include the nutrition tapes and pre- and post-tests for evaluation.

FUNDING: $1,088.00

CONTACT PERSON: Edith L. Mensch, Vineland High School North, 3010 Chestnut Street, Vineland, N.J. 08360. (609) 691-8400.

BLOOMFIELD SCHOOL DISTRICT

Essex County **Grades - Senior High School Students**

DESCRIPTOR: Weight control for high school students using diet, exercise and behavior modification.

OVERVIEW: Through the establishment of a Weight Control Center for high school students, the program attempted to teach a reasonable diet program using a well-balanced diet, exercise and behavior modification. The emphasis was on a very gradual weight loss (one-two pounds per week) over a long period of time to ensure a change in habits with a minimal loss in the personal gratification received from irregular eating habits. Other school activities and lack of parental cooperation contributed to a high drop-out rate. The program is planned as a regular part of the curriculum in the health department. Nutrition classes and food preparation accompanied routine exercise.

FUNDING: $980.00

CONTACT PERSON: R. Penniston Hayes, Bloomfield Senior High School, 160 Broad Street, Bloomfield, N.J. 07003 (201) 743-7700.

LIVINGSTON SCHOOL DISTRICT

Essex County

Grade - 7

DESCRIPTOR: Program designed to improve breakfast and snack habits of seventh graders, with development of recipe book.

OVERVIEW: Designed to improve breakfast habits of all seventh grade students, nutrition was taught for a six-week period, emphasizing nutritious breakfasts and snacks. Students learned to plan, prepare and taste many traditional and non-traditional breakfast foods. Parents were made aware of the program through home assignments and an evening Nutrition program featuring guest speakers, films, exhibits and food samples. A recipe booklet containing breakfast and snack information as well as nutritious recipes used in the classrooms was compiled and distributed to all students. The students showed a real willingness to change some of their poor eating habits and made many of the breakfast and snack foods at home, with positive response from their parents. The recipe book is available from project staff.

FUNDING: $5,000.00

CONTACT PERSONS: Norine Boyd, Barbara Goldman, and Helen Whitman, Heritage and Mt. Pleasant Jr. High Schools, 11 Foxcroft Drive, Livingston, N.J. 07039 (201) 994-1550.

LIVINGSTON SCHOOL DISTRICT

Essex County

Grades - 7 and 9

DESCRIPTOR: Nutrition education for junior high school students, grades 7-9, to substitute nutritious snacks for "junk" foods; with preparation of recipe book, newsletters, assemblies and Nutrition Fair.

OVERVIEW: Addressing junior high school students in grades 7, 8 and 9, the program's goal was to reduce the amount of "junk" food consumed and substitute more nutritious health foods. A Nutrition Committee was formed to inform students and parents how to improve their nutritional habits. Specific activities conducted throughout the year included: four nutrition newsletters mailed to parents outlining goals and requesting specific assistance; ten nutrition activities added to the Health course; three assemblies held for faculty and students; a poster campaign and show-case displays to promote good nutrition; a recipe book of healthful recipes printed and distributed; and a Nutrition Fair held for parents which included resource speakers, booths, displays, hand-out materials, audio-visual aids, and samples of nutritious snack foods. Materials developed include the recipe book and newsletters.

FUNDING: $3,863.00

CONTACT PERSON: John V. Rowley, Heritage Jr. High School, 20 Foxcroft Drive, Livingston, N.J. 07039 (201) 994-1550.

WEST ORANGE SCHOOL DISTRICT

Essex County

Grades - 10-12

DESCRIPTOR: Nutrition education and meals provided for athletes in high school, stressing breakfasts.

OVERVIEW: Designed for high school students, grades 10-12, the program stressed the nutritional needs of teenagers by instilling in them the desire for healthy eating. Sixty volunteer athletes were selected from the fall sports program as the target group because their exceptional energy demands require good eating habits, and because they serve as models of behavior for the rest of the student body. In briefing sessions for them and their parents, their particular nutritional and caloric needs were explained. Through the cooperative efforts of the home economics supervisor and cafeteria director, the cafeteria established routine and proper menus, serving breakfast and lunch for four weeks consecutively. Each athlete's caloric needs were analyzed and 1,000 calorie menus were used to supplement them. Parents continued the program at home with dinner and weekend meals according to pattern. A poster publicity program throughout the school reinforced critical issues concerning healthy eating. The program resulted in improved breakfast participation, altered eating habits, the establishment of a committee to improve cafeteria fare; a carryover to other students both in and out of classes; and improved teaching of nutrition in food classes.

FUNDING: $4,300.00

CONTACT PERSON: E. Joyce Dennington, West Orange High School, 120 Northfield Avenue, West Orange, N.J. 07052 (201) 736-1200.

CLAYTON SCHOOL DISTRICT

Gloucester County **Grades - 7-12**

DESCRIPTOR: Nutrition program for students in High School and Middle School emphasizing attitudinal change and snack alternatives.

OVERVIEW: Project N E.A.T. (Nutrition Education Attitude Training) enabled 280 High and Middle School students to examine attitudes towards nutrition; survey reasons for poor snacking; and try alternatives to snack foods. Nutrition education for one hour each day was given to all students for a six to eight week period. In debates and seminars, they expressed their opinions on controversial nutrition topics. Through the development of a slide presentation, the seminars, a snack booklet and a nutritional self-study, the program tried to influence the attitudes of the students and the community.
Materials developed include a snack booklet, "Nutritious Treats"; a slide presentation, "Nutro"; snack survey; debate guidelines; and the nutritional self study.

FUNDING: $1,284.00

CONTACT PERSON: Carole Newkirk, Clayton High School/Middle School, East Clinton Street, Clayton, N.J. 08312 (609) 881-8701.

GLASSBORO SCHOOL DISTRICT

Gloucester County **Grades - 7 and 8**

DESCRIPTOR: Nutrition education for 7th and 8th graders and their parents, ihvolving food preparation, TV shows, and poster contest.

OVERVIEW: Designed for approximately 250 seventh and eighth grade students, including 40 special education students, the program enabled them and their families to work together in attaining knowledge and skill about nutrition, food selection and preparation. Classroom activities included nutrition information, combinations of foods to meet the varying likes and need of families, consumer education and food preparation. Homework assignments included the planning of menus, shopping, and preparation of food dishes at home with parental involvement and evaluation. In addition to the homework packets which were done jointly by students and parents, the students made TV shows (presented on cable TV for the entire community) and prepared and served a nutritious dinner for their parents, followed by a program on nutrition and a poster contest. Materials developed include homework packets, TV shows and an organization plan of the two dinners held.

FUNDING: $5,000.00

CONTACT PERSON: Mary L. Yerkes, Glassboro Intermediate School, North Delsea Drive, Glassboro, N.J. 08028 (609) 881-2313.

GLASSBORO SCHOOL DISTRICT

Gloucester County **Grades - 9-12**

DESCRIPTOR: Obesity program for overweight students, grades 9-12, involving nutrition information and exercise.

OVERVIEW: The program organized a Shape-Up Club available for all overweight students in grades 9-12. Designed as a sensible and effective program of weight reduction, it involved four aspects: will power, gradual weight loss, proper diet, and exercise. Groups met once a week after school with the school nurse for weigh-in, lectures and discussions. For three semesters, the overweight students, under the direction of the gym teacher, exercised daily in gym with special reducing equipment. During the fourth semester, films and filmstrips on various aspects of good nutrition were shown in health class ro reinforce good eating habits. Records were kept by students of all foods consumed during the week, and by the physical education teachers of physical activity in gym. While the goals were not attained for the desired amount of weight loss, the students were exposed to excellent sources of nutritional information; were motivated to stay on a nutritionally balanced diet; and learned the fundamentals of a balanced diet, the diseases associated with obesity, and the importance of exercise in daily living.

FUNDING: $841.00

CONTACT PERSONS: Margaret M. Powell and Joy Heritage, Glassboro High School, Bowe Boulevard, Glassboro, N.J. 08028 (609) 881-2200.

KINGSWAY REGIONAL HIGH SCHOOL DISTRICT

Gloucester County **Grades - 7-12**

DESCRIPTOR: Salad bar installation for students grades 7-12 with stress on fresh fruits and vegetables, especially for ethnic students.

OVERVIEW: Through installation of a salad bar for students in grades 7-12, the program improved the nutritional value of the lunches, introduced unfamiliar foods to minority groups with stress on fruits and vegetables, and educated the students to the nutritional values of the foods they were eating. The program was designed to counteract the eating habits of the black and Hispanic students which had hitherto stressed excessively sweet and fatty foods. Students learned the various food groups and the necessity for the various nutrients. Through pre- and post-tests, the program demonstrated great success, with results exceeding expectations. Because of the excellent participation, the salad bar has become a permanent part of the school lunch program.

FUNDING: $425.00

CONTACT PERSON: Robert S. Costill, Kingsway Regional High School, Kings Highway, Swedesboro, N.J. 08085 (609) 467-3300.

PITMAN SCHOOL DISTRICT

Gloucester County **Grades - 1-12**

DESCRIPTOR: Installation of salad bar, formation of advisory committee, and improvement of five lunchrooms for grades 1-12, to promote sound food selection and reduce plate waste.

OVERVIEW: Designed for 2,100 students in grades 1 through 12, the program used the five school lunchrooms to serve as a learning laboratory for nutrition education. Formation of an advisory committee comprising students, teachers and parents, provided students with increased participation in the school lunch program and increased parent, teacher, students and administrator awareness of the improtance of good nutrition. Improved dining environment through displays and posters, and better group dining habits helped reduce plate waste; establishment of a salad bar and instruction in the basic four food groups encouraged good food selection. In addition, field trips were taken to other schools. Pre- and post-program surveys of wastage and satisfaction of students showed improvement in all areas, with elementary school children especially indicating improved consumption of well-balanced, nutritionally sound meals.

FUNDING: $4,869.00

CONTACT PERSON: Carolyn C. Bradley, Pitman Public Schools, 55 Simpson Avenue, Pitman, N.J. 08071 (609) 589-2145.

WASHINGTON TOWNSHIP SCHOOL DISTRICT

Gloucester County **Grade - 9**

DESCRIPTOR: Nutrition program for ninth graders emphasizing nutritious snacks and preparation of a 20-minute videotape.

OVERVIEW: Involving 225 ninth grade students, including the mainstreamed handicapped, the program addressed the study of nutrition, with emphasis on nutritious snacks. Activities included films, filmstrips, textbooks, games, research, written and oral reports and various food preparation labs. The students then conducted a nutrition awareness campaign throughout the school, using student media, posters and bumper stickers. Commercials advertising nutrition were recorded on videotape and shown to the entire seventh grade, following which, a nutritious snack was prepared for them in the cafeteria facilities. A nutrition poster contest was held, with prizes awarded. Materials developed include the 20-minute videotape advertising nutrition, prepared and produced by the students.

FUNDING: $3,843.00

CONTACT PERSON: Margaret F. Morris, Washington Township Middle School, R.D. #3, Sewell, N.J. 08080 (609) 589-8500.

BAYONNE SCHOOL DISTRICT

Hudson County

Grades - 8 and 3

DESCRIPTOR: Eighth graders teaching their nutrition knowledge to third graders through plays, puppet shows, cooking demonstrations and tasting parties.

OVERVIEW: The program exposed eighth grade students to the origin of fruits and vegetables, their nutritional value, and the different ways they can be prepared to increase their consumption and eliminate plate waste. These students then taught this information to the third graders through original plays and puppet shows, cooking demonstrations and tasting experiments. This process encouraged both the third and eighth graders to eat fruits and vegetables prepared in new ways as part of their daily diet. Through their plays and puppet shows, the eighth graders created an atmosphere of fun and excitement for the youngsters, and by eating these foods, set an example and created a role model for them. During the year, the eighth graders were exposed to over 40 different fruits and vegetables in various forms, while the third graders were exposed to over 30 different ones. For materials, the eighth grade students developed puppet shows and color sheets about citrus fruits, dried fruits, yellow vegetables, vegetable salad and the basic four food groups. To review and test knowledge, they also developed questions for a game to be played according to baseball rules.

FUNDING: $1,232.00

CONTACT PERSON: Susan Eckert, S.A. Roberson School, Andrew St., Bayonne, N.J. 07002 (201) 858-5984.

NORTH BERGEN SCHOOL DISTRICT

Hudson County

Grades - 10-12 and kindergarten

DESCRIPTOR: Nutrition education through teaching: high school students teaching nutrition principles to kindergartners.

OVERVIEW: The program enabled high school students, in home economics, grades 10-12 to practice good nutrition principles by researching and teaching kindergarten children the importance of eating the right foods, especially good breakfasts and snacks. Not only did the younger children learn from the older students, but the older ones reinforced their nutrition knowledge through teaching, especially in meeting the challenge of finding creative methods to teach. Materials developed include: lesson plans for a unit on children's foods and methods of teaching children to make correct food choices; script for THE MUPPET NUTRITION SHOW; and a resource folder for kindergarten teachers on nutrition education that includes lesson plans, activities, resource list of field trip sites, films and materials, tasting session directions and dittoes for reproducing worksheets.

FUNDING: $493.00

CONTACT PERSONS: Marianne Ferreira and Doris Raffaele, North Bergen High School, 7417 Kennedy Boulevard, North Bergen, N.J. 07047 (201) 868-1000.

CLINTON TOWNSHIP SCHOOL DISTRICT

Hunterdon County **Grades - K-12**

DESCRIPTOR: Nutrition education for entire elementary school directed to improvement of school lunch program.

OVERVIEW: The program attempted to change the nutritional habits and concerns of the students, their families and food service personnel by increasing the children's knowledge of the food they ate, improving the school lunch program to enhance student participation, and enlisting parental and community cooperation. This was accomplished by varied activities such as the following: nutritional menus devised by the children were prepared by cafeteria personnel; food service personnel came to the classroom to discuss U.S. requirements and guidelines and costs; parents were invited to "Lunch with the Bunch" and offer suggestions; students were instructed in food types, additives, vitamins, minerals, etc., and were exposed to a greater variety of foods. Students in the upper grades devised menus used by food service personnel, while students in the 7th grade created nutrition filmstrips such as "As the Stomach Churns", "Eat Your Heart Out" and "The Adventures of Vitaman".

FUNDING: $5,000.00

CONTACT PERSON: Rhoda Yaker, Clinton Public Schools, School Street, Clinton, N.J. 08809 (201) 735-8512.

DELAWARE TOWNSHIP SCHOOL DISTRICT

Hunterdon County **Grade - 7**

DESCRIPTOR: Nutrition education for 7th graders stressing nutritious snacks and development of a recipe book and curriculum to teach younger children.

OVERVIEW: The program enabled 65 seventh graders to assess their habits of nutrition and evaluate and improve them. Working at least one hour a week, they became aware of which snack foods were nutritious and which were not; compiled recipes; made nutritious snacks and tried them at a snack-tasting party. The results of their research provided a curriculum for nutrition as well as a recipe book for distribution. The curriculum developed had goals, objectives, activities and bibliography. It will be used by future seventh graders to teach younger children to form more nutritious habits through learning to read food labels, preparing menus, analyzing recipes for nutritional value and tasting for personal enjoyment.

FUNDING: $875.00

CONTACT PERSONS: Sandra Krumich and Jane Theoharous, Delaware Township Schools, Sergeantsville, N.J. 08557 (609) 397-3179.

MONROE TOWNSHIP SCHOOL DISTRICT

Middlesex County **Grade - 7**

DESCRIPTOR: Nutrition education for seventh graders, using computers for solutions to nutritional problems.

OVERVIEW: The program enabled all seventh grade students to learn the basics of nutrition, meal planning and their individual nutrition requirements through the use of a computer-assisted instructional program in which students receive immediate solutions to their nutrition problems. Students learned the basic food groups and how to use them for nutritionally sound meals; discovered the minimum amount of food servings required; and determined their personal nutritional requrements through a computer information retrieval system. On a daily basis, they used the computer to find out the number of calories needed daily and the amount of nutrients (such as calcium, iron, vitamins) required daily relative to the body characteristics, height, weight, build and sex. They then compared their actual food intake with the computer suggested guidelines.
Materials developed include teaching units and activities on nutrition; personal nutrition profile charts for student use; and a computer programming system.

FUNDING: $2,000.00

CONTACT PERSONS: Rona Spiegel and Carol Cohen, Applegarth School, Applegarth Road, Cranbury, N.J. (609) 655-0604.

SOUTH BRUNSWICK SCHOOL DISTRICT

Middlesex County **Grades - 5-8**

DESCRIPTOR: Development of a nutritional curriculum for students grades 5-8 relating nutrition to physical fitness.

OVERVIEW: The program fostered the development of a nutrition education curriculum for all students in grades 5-8, relating nutrition to physical fitness. Meeting for two days before the start of the school year, 6 elementary school nurses, 3 classroom teachers, 1 middle school representative and the nutrition grant coordinator, developed the curriculum. Instruction in nutrition was planned and delivered by the high school athletic trainer in conjunction with the nurse and classroom teacher. With the assistance of the food service administrators, students analyzed and developed a week's lunch menu to be served to the school population. They learned the government regulations and the Basic Four Food plan they needed to follow. Each class was recognized for its own work by citation on the printed menu. The athletic trainer was used for lectures, film demonstration, bringing guest speakers to class and explaining how physical fitness and food go together. Materials developed include a course guide and the lunch menus prepared by the various grades.

FUNDING: $4,943.00

CONTACT PERSONS: Willa Spicer and Mary Brown, South Brunswick Township Schools, One Executive Drive, Monmouth Junction, N.J. 08852 (201) 297-7800.

UPPER FREEHOLD REGIONAL SCHOOL DISTRICT

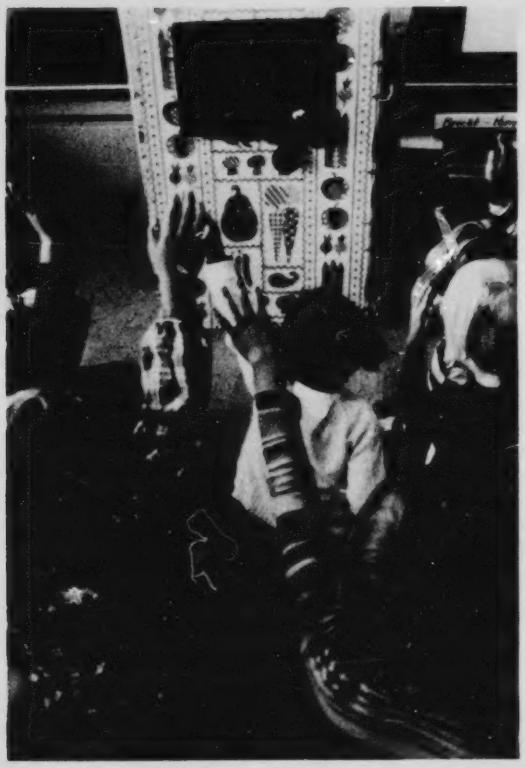
Monmouth County **Grades - 11 and 12**

DESCRIPTOR: Experience in cafeteria work skills for 11th and 12th grade foods and nutrition students exploring vocational opportunities.

OVERVIEW: The program enabled the eleventh and twelfth grade foods and nutrition students to use the district's food service facilities to apply food preparation and nutrition principles learned in class; to improve the nutritional status of the food service program; and to gain practical experience in the food service industry. The students were placed in cafeterias throughout the district three days per week, giving them the opportunity to meet the nutritional demands of all grade levels, K-12. They worked with texts, workbooks and filmstrips; analyzed current school menus and other area school menus for nutritional value and potential improvements; planned menus with the cafeteria supervisor; polled the faculty and student body to determine needs in food service; learned to use cafeteria equipment; and were evaluated by the cafeteria supervisor and the teacher. The program was valuable in allowing the students to explore the vocational opportunities of the food service industry.

FUNDING: $999.00

CONTACT PERSONS: Kellie Taylor, Mary Lou Puritz, Angie Van Hise and Ava Lee Richardson, Allentown High School, High Street, Allentown, N.J. (609) 259-2160.



MONTVILLE TOWNSHIP SCHOOL DISTRICT

Morris County **Grades - 7 and 8**

DESCRIPTOR: Student participation in cafeteria program through a Youth Advisory Council on nutrition, to improve lunches.

OVERVIEW: The program enabled seventh and eighth grade student representatives to participate in the planning of the school lunch through a Youth Advisory Council on nutrition, set up after an initial meeting with health and physical education teachers, administrators and nurse. The Council met once a month with the food service personnel to plan menus, using their nutrition education and other qualified personnel for consultation and evaluation. It held monthly discussions in the homerooms to evaluate the program so as to provide constant student input and reinforcement of nutrition education and to promote among the students good dietary habits, improved relations with the cafeteria staff, and awareness of the cafeteria in relation to nutrition education. Activities included: tour of cafeteria facilities with discussion on costs and budget, taste testing session, "Citrus Carnival" week, nutrition newsletter, "idea" box for student use in the cafeteria, and parent day for the parent's participation in the school lunch program. All activities were filmed on slides. the record.
Materials developed by students include a slide presentation, entitled, "Get Your Y.A.C. Together"; an "Idea Box" for students' opinions and questions; a nutrition newsletter to inform students and answer their "idea box" questions; and tapes and photographs of participating students enlarged and hung in the cafeteria.

FUNDING: $1,000.00

CONTACT PERSON: Paul Saxton, Central Elementary School, 123 Change Bridge Road, Montville, N.J. 07045 (201) 335-4000.

POINT PLEASANT BOROUGH SCHOOL DISTRICT

Ocean County **Grades - 6-8**

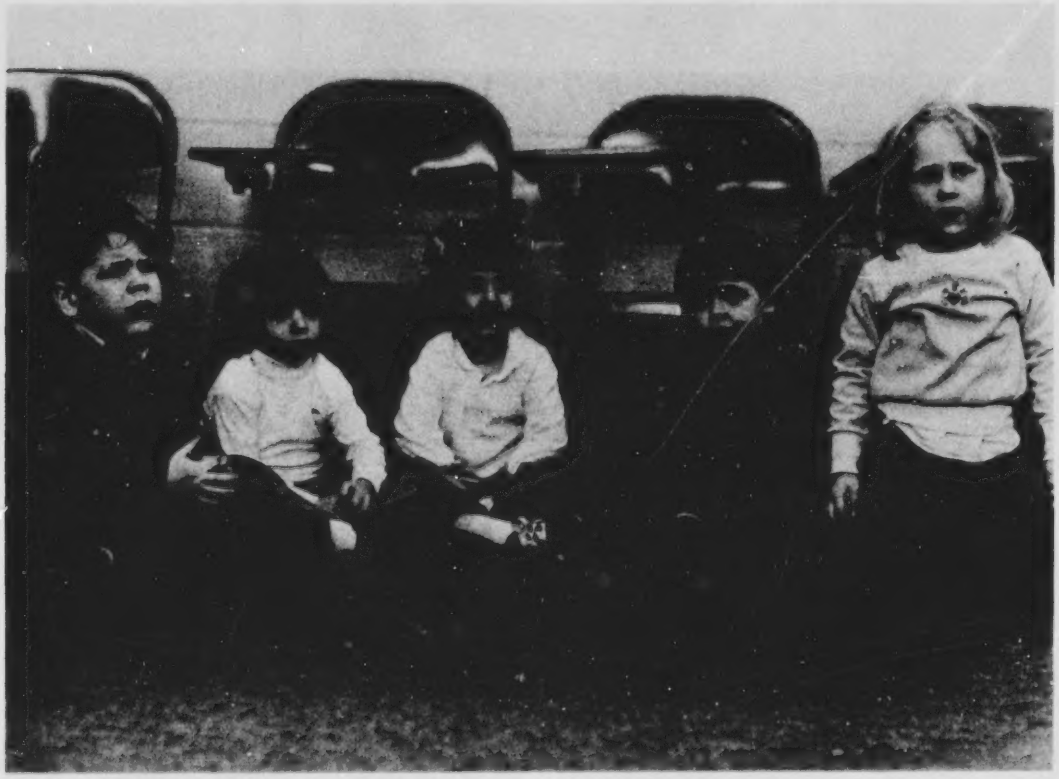
DESCRIPTOR: Promotion of nutrition awareness for students grades 6-8, through activities revolving around a nutritional materials center.

OVERVIEW: The program provided nutrition awareness to students, grades 6-8, parents and food service personnel through a variety of activities and services, centering on the establishment of a nutritional materials center in the Instructional Media Center. Early teenagers, with their fast rate of body growth and development, have great need for nutritional awareness. Activities included a poster contest, a weight watching club, installation of a hall mirror for self awareness, a survey of food preferences, free nutritious snacks, selection of books and audio-visual materials for the media center, and monthly student group meetings with the food service director.

Materials developed include a food survey, three logo designs made and applied to T-shirts, and implementation of a "Plus or Minus Club" for weight watchers, with cards issued for records.

FUNDING: $5,000.00

CONTACT PERSON: Joan Flipse, Memorial Middle School, Laura Herbert Drive, Point Pleasant, N.J. 08742 (201) 892-4050.



CLIFTON SCHOOL DISTRICT

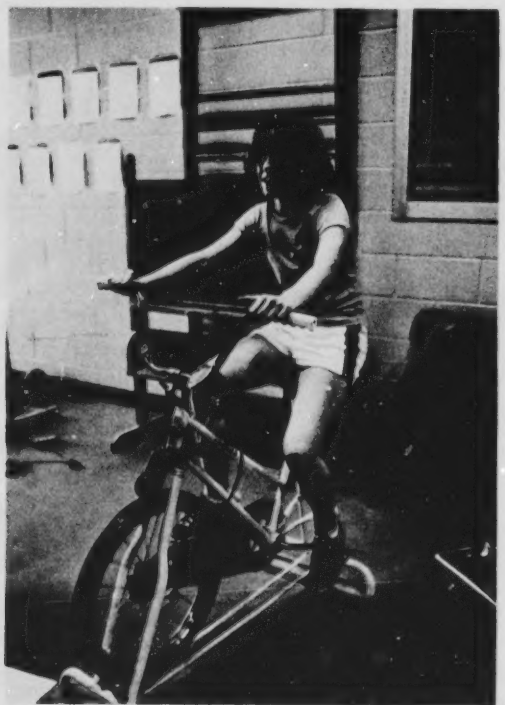
Passaic County **Grade - 9**

DESCRIPTOR: Food career opportunities for 9th grade students, stressing practical cafeteria experience directed to improved lunch participation and reduced plate waste.

OVERVIEW: The program introduced 80 ninth grade students in foods and nutrition to career opportunities in food-related occupations. It arose from an interest in, and need for, promoting nutrition awareness, school lunch participation and plate waste reduction. To improve student eating habits and increase nutrition awareness, they planned menus reflecting food preferences and cultural habits; offered taste samples; displayed nutrition guidelines on bulletin boards in the cafeteria. To reduce plate waste and increase lunch participation, they prepared and served a variety of nutritious food items, keeping record of lunches consumed. To identify career opportunities in foods and nutrition, they worked in the cafeteria and Food Service Lab and helped prepare quantity foods. As a final project, the students conducted a nutritious bake sale open to the community.
Materials developed include a recipe book in International Pancakes and Nutritious Snacks, a 3-dimensional bulletin board display for the cafeteria, photographs of laboratory work, formal and informal evaluation techniques and tape recordings of nutri-messages to arouse student interest.

FUNDING: $1,547.00

CONTACT PERSONS: Claire Jacklyn, Hilde Marschalek, Eleanor Novack, and Patricia Isganitis, Columbus Junior High School, 350 Piaget Avenue, Clifton, N.J. 07011



LITTLE FALLS TOWNSHIP SCHOOL DISTRICT

Passaic County **Grades - 8 and K**

DESCRIPTOR: Preparation of original nutrition slide-tape program by eighth grade home economics students for kindergarten-first grade levels.

OVERVIEW: The program enabled eighth grade students studying foods and nutrition in home economics, to develop a slide-tape presentation on nutrition and good food choices. geared to the kindergarten - first grade level. The program was designed to increase knowledge of nutritional awareness not only in the lower grades but also in the eighth grades, by providing opportunities for practical application of their studies in nutrition. Working in the home economics lab two hours each week for 10 weeks. the students used imaginative, effective techniques in developing the story and script; photographing and correlating the slide program; writing; performing; and taping the background music complementing the narration tape. Pre- and post-tests indicated increased knowledge of nutrition among both eighth graders and kindergartners.

FUNDING: $809.00

CONTACT PERSON: Ruth H. Cassette, Little Falls Township Public Schools, Stevens Avenue, Little Falls, N.J. 07424 (201) 256-1034.

MANCHESTER REGIONAL SCHOOL DISTRICT

Passaic County **Grades - 9-12**

DESCRIPTOR: Salad bar for high school students, grades 9-12, to reduce plate waste and encourage consumption of raw vegetables.

OVERVIEW: The program provided 900 high school students with a self-service portable, refrigerated salad bar, offering them a choice of fresh green and yellow vegetables and allowing them to make their own salad combinations. The self-service salad bar had been suggested by the student Youth Advisory Council committee as a means to decrease plate waste of vegetables. Faced with an assortment of fresh vegetables, the students enjoyed making their own salads and began eating adult food more often rather than rejecting them as had been hitherto observed; participation in the lunch program increased. In addition, for the benefit of students on special reducing diets, a large menu board listing the calorie content of all foods on the day's menu was hung on the wall.

FUNDING: $3,619.00

CONTACT PERSON: Marilyn Daly, Manchester Regional High School, 70 Church Street, Haledon, N.J. 07508 (201) 942-9800

POMPTON LAKES SCHOOL DISTRICT

Passaic County **Grade - 8**

DESCRIPTOR: Elective nutrition course for 8th graders, with "total school involvement" emphasizing improved lunches and snacks and reduced plate waste.

OVERVIEW: The program involved 60 eighth grade students interested in taking an elective course in diet and nutrition. In the 4½ week concentrated nutrition elective the students analyzed the lunch menus for caloric and other nutritional content; studied plate waste; surveyed student food preferences; introduced alternative lunch choices and a salad bar; prepared and offered taste treats to other students and faculty; and generally emphasized nutrition education throughout the school. The entire school and its staff (474 student grades 6-8 and 66 staff members) were indirectly affected by the students' media campaign. Field trips and guest speakers were a fundamental part of the program. The results were increased lunch participation and reduced plate waste.
Materials developed include: Recipe Taste Treat booklets, containing recipes for healthy snacks prepared by the students; a written and oral-slide presentation given to the Board of Education; and a nutrition education curriculum.

FUNDING: $2,212.00

CONTACT PERSONS: Sandra Bunger, Nancy Lumley and Joanne Outslay, Lakeside Middle School, Van Avenue, Pompton Lakes, N.J. 07442 (201) 835-2221.

RINGWOOD SCHOOL DISTRICT

Passaic County **Grade - 7**

DESCRIPTION: Nutrition education stressing "brown bag" lunch menus, for 7th graders, with preparation of cookbook and slide presentation.

OVERVIEW: The program enabled 130 seventh grade students to improve the nutritional quality of their brown bag lunches by compiling a "brown bag" cookbook and balanced menu plan to be used as a planning guide in preparing lunches. The students developed a cookbook containing choice nutritious recipes which they prepared and sampled in class. The completed cookbook was presented to the school through a student developed slide presentation explaining nutrition and dietary needs, usage of the menu plan, and the fun involved in preparing one's own luncheon recipes and meals. The program effected a noticeable drop in sales of "junk" foods in the student cafeteria.
Materials developed include the recipe book and menus plans, and the slide-tape series explaining basic nutritional concepts.

FUNDING: $4,144.00

CONTACT PERSON: Nancy Kasperovich, Martin Ryerson Middle School, Valley Road, Ringwood, N.J. 07456 (201) 962-7064.

PITTSGROVE TOWNSHIP SCHOOL DISTRICT

Salem County **Grades - 7-12**

DESCRIPTOR: Salad bar installation in a high school serving 600 students, grades 7-12

OVERVIEW: In a school serving 600 students, grades 7-12, a salad bar was introduced to provide an alternative to the regular school lunch menu, reduce the cafeteria line, and involve other curriculum areas in the Child Nutrition Program in cooperation with the cafeteria. Every month the "salad site" featured certain nutrients and was decorated with posters, charts, filmstrips flashing on the wall, all highlighting the nutrients. The decorative informational materials, changed monthly, were provided by the students of the Art Department and the Home Economics Department. The salad site is planned as a permanent part of the cafeteria program.

FUNDING: $3,703.00

CONTACT PERSON: Joseph Connerton, Arthur Schalick High School, Elmer-Centerton Road, R.D. #1, Elmer, N.J. 08318 (609) 358-4031.

BRIDGEWATER-RARITAN REGIONAL SCHOOL DISTRICT

Somerset County **Grades - 7, 2 and K**

DESCRIPTOR: Breakfast nutrition education for 7th grade students who prepared videotapes for second graders who snared knowledge with kindergartners.

OVERVIEW: The program enabled 125 seventh graders and over 400 second graders to develop an understanding of the importance of a well balanced breakfast. Guided by a nutrition consultant, the 7th grade students participated in an interdisciplinary unit of study emphasizing the importance of a good breakfast. The students then wrote scripts on the subject, dramatizing them in a video production and a puppet show. These programs were shown to all the second grade students, who, in turn, developed language experience charts which they shared with the kindergartners. The project not only increased nutrition knowledge of both staff and 2nd and 7th grade students, but also reinforced basic skills through a high-interest activity, provided a creative group experience, and enhanced self-concept, leadership skills and oral expression skills.
Materials developed include a video tape of the play, "The Importance of Eating Breakfast", and a packet of materials dealing with the program.

FUNDING: $4,735.00

CONTACT PERSON: Dr. James McElroy, District Instructional Center, 2nd Street, Raritan, N.J. 08869 (201) 722-1500.

BRIDGEWATER-RARITAN REGIONAL SCHOOL DISTRICT

Somerset County **Grade - 8**

DESCRIPTOR: Elective nutrition course for eighth graders, to prepare learning aids for their peers stressing nutritious snacks.

OVERVIEW: The program enabled 30 eighth grade students enrolled in an elective foods and nutrition course (Foods for Fun) to prepare their own learning aids for instructing their peers in developing better snacking habits. Several weeks were spent in researching and brainstorming layout ideas. They read various texts, went on two field trips, wrote letters to several fast food chains; developed a definition of snacking; and determined the importance of including nutritious snacks when planning diets. They later prepared nutritious snacks from the four food groups which they had selected in completeing their learning packet; and compared several convenience foods (shakes, ice pops) to those prepared in class. Several weeks were spent in preparing scripts for a slide presentation to be shown to the health classes. All activities were based on fundamental instruction in nutrition education and dietary goals. A field trip to the lab animals in Cook College demonstrated the results of dietary deficiencies.

Materials developed include a learning activitiy package developed by the teacher, posters produced by the students, and slide shows for which the students developed the scripts, story boards and photographs, for presentation to classes in the future.

FUNDING: $982.00

CONTACT PERSON: Karen Leoncavallo, Adamsville Middle School, Union Avenue, Bridgewater, N.J. 08807 (201) 722-1500.

SPARTA SCHOOL DISTRICT

Sussex County **Grade - 8**

DESCRIPTOR: Basic nutrition education for 8th grade students to improve food choices, culminating in a Nutrition Fair.

OVERVIEW: Arising from surveys indicating that students make poor food choices, the program enabled 250 eighth grade students in Modern Living to learn about the foods needed for a well-balanced diet; to plan attractive and nutritious meals for the family; to prepare them in the food laboratory; to study such areas as eating-out food habits, convenience foods, nutritional labeling, etc.; and to share the results of their study with the community, parents' organization and other seventh and eighth grade classes at a nutrition and food fair in the school cafeteria at the end of the year. Additional activities included recording and analyzing eating habits to determine whether daily nutritional requirements were met; planning a daily eating plan, including meals and snacks; and preparing exhibits for the nutrition fair covering sports foods, diet foods, labeling, convenience foods, basic food groups, fat and sugar diets, food processing, etc.
Materials developed include charts, exhibit materials and nutritional information collected and researched by the students, and recipes for the foods prepared for the Nutrition Fair.

FUNDING: $2,370.00

CONTACT PERSONS: Jane Sears and Chris Helfrich, Sparta Junior High School, 18 Mohawk Avenue, Sparta, N.J. 07871 (201) 729-3151.

SPARTA TOWNSHIP SCHOOL DISTRICT

Sussex County **Grades - 9-12**

DESCRIPTOR: Studies of world hunger and malnutrition and their causes, with new ethnic foods studied and prepared, for students, grades 9-12.

OVERVIEW: The program introduced 75 students, grades 9-12 to applied nutrition through the study of foreign, regional and ethnic foods; exposed them to the world-wide problems of malnutrition and its causes; taught them the importance of food in the physical and psychological health of a nation; and provided practical experiences in applying principles of nutrition, using worldwide sources and preparation techniques. New taste experiences were encouraged to develop new sources of nutrients. The students prepared familiar as well as new foods, using cooking techniques which preserve natural nutrients. As a culminating activity, an international buffet was prepared to which approximately 40 students from other classes were invited.

Materials developed include two games: a rummy card game where students matched country, food and equipment needed to prepare it; and a game (similar to Jeopardy) using country heading with questions of increasing difficulty pertaining to nutrition and foods of that country.

FUNDING: $527.00

CONTACT PERSON: Catherine E. Whitner, Sparta High School, West Mountain Road, Sparta, N.J. 07871 (201) 729-6191.

LINDEN SCHOOL DISTRICT

Union County **Grades - 7 and 9**

DESCRIPTOR: Breakfast nutrition program and food preparation, for seventh and ninth grade students.

OVERVIEW: Addressing approximately 50 7th and 9th grade students, the program stressed "The Importance of Breakfast".The students developed not only the desire for nutritious and economical breakfasts, but also skills in planning, preparing and serving them. In addition they formed good habits in choosing their daily food, abandoning the advertised "junk" foods. Each student had to give a three minute talk on "Why Nutritious Breakfasts are Important"; each class surveyed and summarized the breakfast habits of the students; and the students conducted an advertising campaign through posters and slogans on "Eating a Nutritious Breakfast." They also played a game called "Breakfast Treasure Hunt" and gave skits on the importance of breakfast.

FUNDING: $371.00

CONTACT PERSON: Elzina Barron, Soehl Junior High School, Coke Place, Linden, N.J. 07036 (201) 486-0550.

SCOTCH PLAINS-FANWOOD SCHOOL DISTRICT

Union County **Grades - 8 and 9**

DESCRIPTOR: Survey of plate waste by 8th and 9th grade social studies students, and development of a movie.

OVERVIEW: Designed to reduce the amount of plate waste in the school cafeteria, the program enabled 140 8th and 9th grade social studies students to make more responsible dietary choices. The students conducted a survey of randomly selected homerooms to determine food consumption patterns and how much food students thought they waste. They then checked the cafeteria receptacles on how much and what food was wasted. The large quantities of food wasted and the large number of empty calories consumed surprised them. Their final activity was a movie about food waste including interviews with the school principal, a cafeteria worker and other students concerning their attitudes on food and nutrition. Materials developed include the survey of students and the movie.

FUNDING: $3,500.00

CONTACT PERSON: Judy Mandel, Terrill Junior High School, Terrill Road, Scotch Plains, N.J. 07076 (201) 322-5215.

UNION COUNTY REGIONAL SCHOOL DISTRICT #1

Union County **Grades - 9-12**

DESCRIPTOR: Nutrition information acquired by high school students in foods classes imparted to the rest of the student body through peer teaching, films and breakfast preparation.

OVERVIEW: The program enabled approximately 160 students in foods classes, grades 9-12, to acquire basic nutritional information which they imparted to the rest of the 1,200 student body through posters, public address announcements and four articles in the school newspaper. Their information was acquired through speakers, a nutritional snack lab, nutritional labeling, a survey of their food habits, and cooking techniques. Other activities included field trips, a nutrition film presentation to all 9th graders, and preparation of two successful Pancake Breakfasts for faculty and students. Pre-post test scores of the foods-students showed significant improvement. Materials developed include posters, ads, and announcements made by the students and used around the school, and a picture record of the guest speakers and of their own activities.

FUNDING: $1,100.00

CONTACT PERSONS: Mary Ann Muzychko and Maureen Toth, Governor Livingston Regional High School, 175 Watchung Boulevard, Berkeley Heights, N.J. 07922 (201) 464-3100.

WESTFIELD SCHOOL DISTRICT

Union County **Grades - 7-9**

DESCRIPTOR: Nutrition Fair for Junior High School students, grades 7-9 emphasizing good nutrition for athletic performance, fast foods, snacks and weight control.

OVERVIEW: The program provided a Nutrition Fair for approximately 100 students, parents, administrators, teachers and interested community members. The Fair presented factual nutrition information, displays, food samples and handouts highlighting four areas:

1. nutrition and athletic performance—high energy foods needed for sports
2. fast foods from your kitchen—for rapidly prepared meals
3. nutritious snacks—at home and away from home
4. the right weight—achieving and maintaining body weight safely

The fair promoted subsequent nutrition education in the school on all areas covered. The nutrition education materials purchased through the grant are now incorporated into the science curriculum at the 7th, 8th and 9th grade levels.

FUNDING: $1,963.00

CONTACT PERSON: Eugene Voll, Principal, Roosevelt Junior High School, 301 Clark Street, Westfield, N.J. 07090 (201) 654-6400.

WHITE TOWNSHIP SCHOOL DISTRICT

Warren County **Grades - 7 and 8**

DESCRIPTOR: Minicourse encouraging breakfast consumption, for 7th and 8th grade students.

OVERVIEW: A six-week mini-course entitled "Try Breakfast" was offered to approximately 120 seventh and eighth grade students in the physical education curriculum, to encourage them to eat a good breakfast. The course emphasized the non-conventional, personal choice of proper foods; described a variety of breakfasts; introduced unfamiliar foods and methods of preparation; and provided samples for consumption. By analyzing the varieties possible, the students designed nutritional breakfasts which were individually appealing.
Materials developed include listings of various breakfasts and a worksheet with menus for a 2-week period.

FUNDING: $240.00

CONTACT PERSON: Mary Alice Bockman, White Township Consolidated Elementary School, Box 476, R.D. #1, Belvidere, N.J. 07823 (201) 475-4773.

SECTION IV - Special Education

A. Gifted and Talented Students

B. Handicapped Students

A. Gifted and Talented Students

ATLANTIC CITY SCHOOL DISTRICT
Atlantic County

Grades 1-6, Gifted and talented

DESCRIPTOR: Nutrition education through diet experiments with rats, for gifted and talented students, grades 1-6.

OVERVIEW: Involving 55 gifted and talented students, grades 1-6, Project GNAW, (Good Nutrition Always Works) related nutrition education with animal husbandry. A study was conducted of the dietary intake of controlled and test rats, designed to help the children realize the need for a well chosen diet. The children monitored the diets; kept a daily log; learned to weigh and measure grams; and produced their own movie, presented at a later date to the entire school and the Parent Advisory Council. The study demonstrated the bad effects of poor food choices and stimulated awareness of food in relation to growth habits: all animals had sufficient food, but differences in the combination of food produced different results. In addition to teaching good nutrition habits, the project encouraged kindness toward animals and their proper care. Relating the program to other school subjects enabled the children to discover other fields of learning: weighing by grams, photography, note taking, chart making and tape recording. Materials produced include lesson plans for the six grades.

FUNDING: $1,998.00

CONTACT PERSONS: Catherine Cole and Delois Campbell, West Side Complex School and Uptown Complex School. 1809 Pacific Avenue, Atlantic City, N.J. 08401 (609) 344-2837.

ESTELL MANOR SCHOOL DISTRICT

Atlantic County

Grades 6-8, Gifted and Talented

DESCRIPTOR: Nutrition education for gifted students, grades 6-8, through a college level mini-course.

OVERVIEW: The program enabled gifted and talented students grades 6-8, to pursue a college level mini-course in nutrition, to familiarize them with the nutritional value of foods. The children expored all avenues of nutritional planning; analyzed their own diets according to current RDAs (Recommended Dietary Allowances) for their age and sex; analyzed in similar manner the school's hot lunch menus; surveyed the likes and dislikes of their fellow students; and then planned a nutritional menu for one week which was implemented by the food service personnel. In addition, the students visited a graduate nutrition course at the Educational Improvement Center, where they participated actively in class discussion and evaluations with teachers, and Newcomb Hospital, where they questioned extensively the two dietitians. Materials developed include a unit on Nutrition for Gifted and Talented which can be adapted or modified to any class and a slide-tape presentation prepared for the student body and parents.

FUNDING: $1,000.00

CONTACT PERSON: Helen Mulder, Estell Manor Elementary School, Cape May Avenue, Estell Manor, N.J. 08319 (609) 476-2267.

RUNNEMEDE SCHOOL DISTRICT

Camden County

Grades 4 and 5 Gifted and talented

DESCRIPTOR: Gifted and talented 4th and 5th graders creating nutrition instructional materials for grades K-5.

OVERVIEW: The program enabled a group of gifted and talented students in the fourth and fifth grades to master the basics of sound nutrition and to share these concepts and practices with the rest of the school population. The students developed their own learning materials, creating slides, transparencies, coloring booklets and tapes as teaching aids and curriculum materials. The program thus fulfilled the needs of both a specific group of gifted and talented children and of the entire school population. Materials developed include coloring books for kindergartners and first graders and photographic slides for children in grades 2 through 5 which can be used indefinitely as the core of the nutrition instruction program.

FUNDING: $297.00

CONTACT PERSON: Barbara T. Roberts, Downing School, 3rd and Central Avenues, Runnemede, N.J. 08078 (609) 939-4306.

DEERFIELD TOWNSHIP SCHOOL DISTRICT

Cumberland County

Ungrades - ages 10-14, Gifted and talented

DESCRIPTOR: Nutrition program for gifted and talented students, ages 10-14, who surveyed classmates, prepared menus and meals, and filmed nutrition lessons for school use.

OVERVIEW: The program enabled 60 gifted and talented students, ages 10-14 to develop the school lunch menu in cooperation with the cafeteria manager. The students surveyed each classroom in the school to find which foods served in the past were most liked and disliked and what other foods were desired for addition to the menu. By learning the components necessary for a balanced meal, they were able to plan and prepare balanced meals to suit the preferences of the students. Representatives from several classrooms were invited to sample the meals and provide comments. The students also wrote and filmed nutrition lessons which centered on good eating habits, acceptance of new foods, an understanding of foods with greatest nutritional value, and ways of preparing them. These lessons were used throughout the school. In addition, other materials, games and learning centers were developed and stored with the slide presentations in a resource file for all teachers use. The program was implemented one hour twice a week throughout the school year.

FUNDING: $3,379.00

CONTACT PERSON: Linda Ferrara, Deerfield Township Elementary School, Morton Avenue, Rosenhayn, N.J. 08352 (609) 451-6610.

UNION CITY SCHOOL DISTRICT

Hudson County

Grade 5 - Gifted and talented, bilingual

DESCRIPTOR: Nutrition education for gifted, bilingual, urban fifth graders through a Consumer Awareness Program.

OVERVIEW: Entitled Consumer Awareness Program (Project C.A.P.), the program enabled 50 gifted, urban, bilingual fifth-grade students to enhance their understanding of the nutritional values of foods they consume. Through hands-on experiences, they read labels, collected data and analyzed consumable products, using laboratory experiments, classroom discussions, field trips (to farms and a zoo), and guest speakers. Culminating activities included the production of an audio-slide presentation and the development of a C.A.P. booklet written in English and Spanish, appropriate for the city's multi-cultural population. Materials developed include the 16 page nutritional booklet, "Food for Thought", containing student art, photographs, surveys, articles on basic information, crossword puzzles and other games; and a slide-audio presentation with slides taken by students displaying not only activities accomplished but also information on nutrition. Articles on the project were published in the Union City newspaper, in the Jefferson School Newsletter, and in a report on Union City schools.

FUNDING: $2,575.00

CONTACT PERSON: Nancy Myers-Alvarez, Jefferson Magnet School, 3400 Palisade Avenue, Union City, N.J. 07087 (201) 348-5960.

ELIZABETH SCHOOL DISTRICT

Union County

Grades 5 and 6
Gifted and talented

DESCRIPTOR: Coordination of nutrition and metrics by gifted and talented students, grades 5 and 6, through cooking, using metric recipes and developing a metric cookbook.

OVERVIEW: Designed for 40 multi-ethnic gifted and talented students, the program correlated and applied nutrition and metric learnings (measurement and temperature) in a home economics room using a hands-on approach. Involving the mathematics teacher as well as the home economics teacher, the program emphasized reading and following directions; preparing foods through recipes using metric measurements; sampling the finished products; and evaluating them in terms of balanced nutrition. Student activities included: classifying the food groups by making posters of the four basic food groups; making "Good Nutrition" games; preparing food using metric recipes; compiling their own metric cookbook.

FUNDING: $890.00

CONTACT PERSON: Rosemarie McCabe, School #22, William F. Halloran Elementary School, 447 Richmond Street, Elizabeth, N.J. (201) 353-2000, ext. 351.

UNION TOWNSHIP SCHOOL DISTRICT

Union County

Grades - 7-9
Classified students

DESCRIPTOR: Nutrition knowledge and cooking experiences for classified junior high school students, grades 7-9, stressing alternatives to "junk foods" and culminating in a family banquet with TV slide-tape presentation.

OVERVIEW: Designed to counteract advertised junk foods, the program provided 75 classified junior high school students, grades 7-9, with an understanding of nutrition, its importance in health, and the nutritious value of the food they eat. In the food laboratory they planned, prepared and consumed a variety of foods. The program culminated in a family banquet planned and prepared by the students, at which an audio-visual advertising campaign against junk foods and poor eating habits was presented to banquet guests and broadcast on local TV cable. Pre- and post-test evaluation showed that 80% of the students showed an improvement in their overall knowledge of the importance of eating well-balanced nutritious meals. Materials developed include scripts and props, TV tape and slides.

FUNDING: $4,897.00

CONTACT PERSONS: Frank DiStefano and Joan Estis, Burnet Junior High School, Caldwell and Morris Avenue, Union, N.J. 07083 (201) 688-1200, ext. 200.

B. Handicapped Students

CORBIN CITY SCHOOL DISTRICT
Atlantic County

Ungraded, ages 5-21
Trainable mentally retarded

DESCRIPTOR: A program for the Trainable Mentally Retarded, ages 5-21, to enhance nutrition knowledge, culinary skills, weight control and parental involvement.

OVERVIEW:: Addressing 60 trainable mentally retarded students ranging in ages from 5-21, the project was designed to provide them with knowledge of nutrition and practical home cooking skills through experience in independent preparation of nutritious foods for good health. It concentrated on the transfer of school-acquired kitchen skills to the home environment of the students, using a parent-teacher monitoring system. The program served to enhance good nutrition knowledge and practice, weight control and parental involvement.

FUNDING: $1,389.00

CONTACT PERSON: Virginia Arrison, John S. Helmbold Education Center, Route 50 and Schoolhouse Lane, Corbin City, N.J. 08270 (609) 628-2603.

NEW LISBON STATE SCHOOL

Burlington County

Ungraded, ages 11-21
Trainable mentally retarded

DESCRIPTOR: Nutrition, cooking experiences and a cookbook, for trainable, mentally retarded males, ages 11-21.

OVERVIEW: The program developed instructional aids to support nutrition curriculum for 100 trainable, mentally retarded males, ages 11-21, in a residential setting. The objective was to involve the students in their own nutrition planning and food preparation. The students learned to identify the four basic food groups; mastered use of selected appliances and measuring tools; mastered basic food preparation techniques; and prepared balanced meals, shopping for materials at the local grocery. The student acquired social skills in addition to knowledge and skill in food identification and cooking techniques. A Picture Cookbook was developed illustrating in color the preparation of 50 recipes for non-reading adults or children who may have a developmental disability, a behavior disorder, a learning disability, or a physical disability. In addition, a color video tape was made of two classes, demonstrating cooking skills and social skills.

FUNDING: $4,174.00

CONTACT PERSON: Dr. Joan Kakascik, DMR-CO, Office of Thorough and Efficient Education, 222 S. Warren St., Trenton, N.J. 08625 (609) 292-8196.

WILLINGBORO SCHOOL DISTRICT

Burlington County

Ungraded - ages 7-10,
Emotionally disturbed

DESCRIPTOR: Nutrition education, cooking experiences and preparation of a cookbook, for emotionally disturbed children, ages 7-10.

OVERVIEW: Addressing youngsters ages 7-10 in special classes for the emotionally disturbed, the program stressed nutrition education through student participation in developing recipes for a Student's Nutrition Cookbook, class activities, field trips and menu preparations. Secondary emphasis was to improve reading and math skills, using a program adaptable to student interest and level. Third emphasis was to involve parents through weekly parent workshops. Based on research that a proper diet can have positive influence on student behavior, the program was designed to benefit students with a background of behavior difficulties. Class activities included, in addition to field trips, completion of the cookbook, review of films, preparation of nutrition materials, instruction in reading and understanding labels, and awareness of the fallacies in advertising. The program culminated in a luncheon for the parents prepared by the students.

FUNDING: $810.00

CONTACT PERSON: Constance DeNicola, Country Club Ridge Elementary School, Beverly Rancocas Road, Willingboro, N.J. 08046 (609) 871-9000 ext. 201.

THE ARCHWAY SCHOOL

ATCO
Camden County

Ungraded - High School Students
Neurologically Impaired

DESCRIPTOR: Nutrition education for neurologically impaired high school students involving basic food knowledge, meal preparation, and creation of a slide-tape presentation.

OVERVIEW: The project provided a practical approach to teaching family nutrition to neurologically impaired high school students in an ungraded classroom. The project was divided into 3 phases:

1. Classroom instruction of basic nutrition, including the human body and its needs, the nutritional content of various foods, and nutritious menu planning, budgeting and preparation.
2. Creation of an audio-visual slide presentation of the concepts learned in phase 1. This was placed in the school curriculum library for future use by other teachers.
3. Practical application of the concepts and skills learned in the classroom for their annual 2-week class trip. The students planned menus, shopped for food, prepared meals and did follow-up cleaning.

The students showed a marked improvement in their knowledge of basic nutrition concepts when questioned orally and during the creation of the slide presentation. Where three-fourths of them had never prepared a meal in their life, they are now able to shop for food, plan a nutritious menu and prepare a nutritious meal.

FUNDING: $815.00

CONTACT PERSON: Bruce Hooper, The Archway School, Jackson Road, Atco, N.J. 08004 (609) 767-5757.

THE BANCROFT SCHOOL AND COMMUNITY

HADDONFIELD
Camden County

Ungraded - ages 8-15, Retarded

DESCRIPTOR: Nutrition program for retarded children, ages 8-15, involving cooking experiences and development of a visual cookbook requiring minimal reading skills.

OVERVIEW: "I Made It Myself: A Nutrition Program for the Handicapped" taught 30 retarded children basic nutrition consistent with the development of independent living skills. The children prepared their own nutritionally balanced noontime meals; planned their own menus; developed the ability to use kitchen appliances safely; purchased nutritious foods; and acquired good health and hygiene habits. The project also developed The Menu Planner, a visual cookbook with pictures and diagrams that children with minimal reading skills can follow. The cookbook can be used by handicapped children in the future for the preparation of nutritious meals either independently or with some adult supervision. The program enhanced the children's ability to live independently and fostered an observable increase in self-esteem.

FUNDING: $1,000.00

CONTACT PERSON: Paula Cosden, The Bancroft School and Community, Hopkins Lane, Haddonfield, N.J. 08033 (609) 429-0010, ext. 46.

OCEAN ACADEMY SPECIAL SERVICES SCHOOL DISTRICT

OF CAPE MAY COUNTY
Cape May County

Grades - Preschool and elementary handicapped

DESCRIPTOR: Nutrition education program for preschool and elementary handicapped children stressing lectures and discussion, development of a puppet theatre and parental involvement.

OVERVIEW: Addressing approximately 100 preschool and elementary handicapped children, this three-faceted program was designed to increase parent and student awareness of basic nutrition principles; develop sound nutritional meal planning techniques; and encourage parent involvement in their children's nutritional learning endeavors. The program involved a film-lecture-discussion series and development of a puppet theatre which included preparing the puppets and developing a program viewed by the school community and the parents. Classes were given ½ hour daily for the children, and parental film-lecture-discussion groups were held bi-weekly for 90 minutes. The children learned to identify the four basic food groups, vitamins and minerals; viewed related filmstrips and papers; shared in a "vitamin and mineral banquet"; and prepared a menu for a picnic and camping trip. Materials developed include the puppet theatre and program.

FUNDING: $393.00

CONTACT PERSON: Helen E. Wallace, Ocean Academy, Special Services School District of Cape May County, New Jersey and Baltimore Avenues, Cape May, N.J. 08204 (609) 884-2707.

VINELAND SCHOOL DISTRICT
Cumberland County

Ungraded - Elementary emotionally disturbed, educable and trainable mentally retarded

DESCRIPTOR: Interdisciplinary nutrition activities wherein elementary handicapped youngsters plan and prepare nutritious meals and curriculum materials.

OVERVIEW: The program was designed to enable all elementary level handicapped students in special classes to acquire concepts and skills necessary to develop healthy eating habits. Involving 50 emotionally disturbed children, 30 trainable mentally retarded and 90 educable mentally retarded, the program provided hands-on activities in planning and preparing nutritious meals and in the actual development of the nutrition curriculum through making materials (filmstrips and learning packets) for use by other students. An interdisciplinary approach integrated basic skill subject areas in the implementation of the program. By learning to distinguish between nutritious and "junk" foods, the children were able to overcome some behavior obstacles to learning which seem related to improper nutrition.

FUNDING: $4,171.00

CONTACT PERSONS: Joyce Powell and Marilyn Knego, Vineland Public Schools, 106 Landis Avenue, Vineland, N.J. 08360 (609) 692-3798.

IRVINGTON SCHOOL DISTRICT
Essex County

Ungraded - Educable mentally retarded

DESCRIPTOR: Nutritional breakfast planning and preparation by elementary educable mentally retarded students, with compilation of a cookbook-textbook.

OVERVIEW: Stressing adequate breakfasts, the program enabled thirty educable mentally retarded students to plan and prepare a nutritional breakfast. The students were introduced to the food groups and nutrients, and all participated in preparing and eating breakfast. As a result, they began to bring to school more nutritious snacks, and breakfast candy almost disappeared. A cookbook-textbook of nutritional information and recipes was developed based on their abilities and needs, which was given to their parents at the end of the year, with a permanent copy remaining at school for future use. Parents were also kept informed throughout the year by a monthly newsletter. Results showed almost no plate waste in the breakfasts prepared in school, with students sampling foods previously not eaten.

FUNDING: $851.00

CONTACT PERSONS: Judith Watts and Janice Leone, Union Avenue School, 427 Union Avenue, Irvington, N.J. 07111 (201) 373-3200

NEWARK SCHOOL DISTRICT

Essex County

Ungraded - Primary
educable mentally retarded

DESCRIPTOR: Cooking and nutrition experiences for primary educable mentally retarded students, designed to teach nutrition and eliminate plate waste.

OVERVIEW: The program provided a class of educable mentally retarded students with weekly cooking experiences and monthly enrichment lessons designed to teach nutrition concepts, improve social skills and reduce plate waste at lunchtime. The children gradually began to function more effectively as group members, became more aware of nutrition concepts, and learned to eat and prepare new nutritious foods. By bringing home samples of the foods prepared in school, they encouraged their parents to allow them to prepare these foods at home. Although no formal curriculum materials were developed, the children made many arts and crafts projects designed to teach nutrition concepts.

FUNDING: $997.00

CONTACT PERSON: Lori Levine, Oliver Street School, 104 Oliver St., Newark, N.J. 07105 (201) 733-6790.

DEPTFORD TOWNSHIP SCHOOL DISTRICT

Gloucester County

Ungraded - ages 11-21,
Trainable mentally retarded

DESCRIPTOR: Nutrition and food preparation experiences for trainable mentally retarded students, ages 11-21

OVERVIEW: The program enabled 30 trainable mentally retarded students, ages 11-21, to participate in food preparation and acquire an understanding of nutrition. Working in the family living center for 45 minute periods, five times per week, the students were given practical domestic experiences enabling them to execute household and culinary chores. Instruction in good health habits stressed proper diet and exercise. Activities included growing vegetables in the greenhouse; exercising daily; grocery shopping in classroom store; cooking and menu planning; setting table and serving; seeing movies and filmstrips; and preparing an end-of-year luncheon. All students made noticeable progress in identifying nutritious foods and in general kitchen skills. Materials developed include a shopping book and nutrition booklet.

FUNDING: $1.000.00

CONTACT PERSONS: Frank L. Cirrincione, Connie Metaen, Janice LeGandro and Joe Feizet, New Sharon School, Delsea Drive, Deptford, N.J. 08096 (609) 227-6000.

GLASSBORO SCHOOL DISTRICT
Gloucester County

Grades - 4 and Special Education, ages 9-13, Educable mentally retarded and neurologically impaired

DESCRIPTOR: Mainstreaming special education and regular fourth graders in nutrition education through the preparation and sales of nutritious fruit snacks.

OVERVIEW: The program enabled 25 handicapped students (educable mentally retarded and neurologically impaired), ages 9-13, to collaborate with 25 fourth graders in specific food-oriented activities: they picked local fruit crops; interviewed community agricultural and marketing personnel; processed dried fruit snacks; organized and managed a short-term business through selling their own dried fruits and jams to their peers at a school fair in order to support the program the following year; and studied motivational research in advertising by making posters, slide shows and television commercials to promote sales of their fruit products. The program not only enhanced mainstreaming through the collaboration of special education and regular students, but also convinced the school population that their fruit products were tasty and nutritious, since all products always sold out rapidly.

FUNDING: $992.00

CONTACT PERSONS: Doris Neff, Anne D. Gibson and Kathleen Carden, Thomas E. Bowe School, Carpenter and Norway Streets, Glassboro, N.J. 08028 (609) 589-5130.

GLASSBORO SCHOOL DISTRICT
Gloucester County

Ungraded -Intermediate and high school emotionally disturbed

DESCRIPTOR: Nutrition and personal hygiene program for emotionally disturbed intermediate and high school students, providing cooking experiences to eliminate negative behavior.

OVERVIEW: Entitled *Nutrition Education for Special Needs Students,* the program enabled a class of emotionally disturbed, economically disadvantaged, intermediate and high-school students to participate in a sound nutritional program. Students prepared hot breakfasts, lunches and occasional dinners for themselves which were attractive, satisfying and nutritional. Preparing their own food in their own kitchen and composting plate waste allowed the students (who are physically and mentally active), to exercise some choice in the selection of food, enhanced their nutrition and helped to eliminate some negative behavior problems. Incorporated into the on-going academic and vocational program, the nutrition program also taught the students personal hygiene, thereby enhancing a positive self image and reducing negative behaviors.

FUNDING: $1,000.00

CONTACT PERSONS: John Arkema and Jeff Punda, Glassboro Public Schools, North Delsea Drive, Glassboro, N.J. 08028 (609) 881-0123.

GLASSBORO SCHOOL DISTRICT

Gloucester County

Ungraded, ages 6-10
Educable mentally retarded

DESCRIPTOR: Nutrition education and food preparation experiences for primary educable mentally retarded students, ages 6-10, designed to improve math and reading skills.

OVERVIEW: Designed for 15 educable mentally retarded students, ages 6-10, the program enabled them to practice and acquire functional math and reading skills through food preparation. The students were involved in all aspects of nutrition: food purchase, food preparation, planning of balanced meals, analyzing food content, budgeting, and math and reading skills connected with food preparation. With parent and community involvement, the students learned the food groups and their nutritional value; identified the way foods are grown; experienced foods and their characteristics; learned to acquire good eating habits; and planned, prepared and served nutritional snacks and meals. Materials developed include a 26 page mini-curriculum comprising 41 activities and 28 resource materials geared to the primary educable-mentally retarded.

FUNDING: $568.00

CONTACT PERSON: Jo Stamper, Thomas E. Bowe School, Carpenter and Norway Avenues, Glassboro, N.J. 08028 (609) 589-1330.

JERSEY CITY SCHOOL DISTRICT

Hudson County

Ungraded - ages 5-21
Trainable mentally retarded

DESCRIPTOR: Nutrition education for trainable mentally retarded, ages 5-21, through a simulated food service lab providing hands-on experience.

OVERVIEW: A simulated food service lab was established to introduce a class of trainable mentally retarded students, ages 5-21 to the basic concepts of nutrition. A repetitive hands-on approach developed a positive nutritional awareness, identification of, and attitude towards nutritional food; filmstrips, slides and wallcharts provided visual stimulation; and movies presented models of skill execution. The program culminated in students shopping and preparing a nutritious class meal. A carryover to home nutritional practices was effected through active follow-up with parents. Materials developed include check lists and posters made by the teacher and slides taken illustrating the students doing assigned tasks.

FUNDING: $2,161.00

CONTACT PERSONS: Ms. K. Gilson, Tom Van Note, and Lillian D'Andrea, P.S. #31, 3055 Kennedy Boulevard, Jersey City, N.J. 07306 (201) 547-5840.

MT. CARMEL GUILD SPECIAL EDUCATION

JERSEY CITY
Hudson County

Ungraded - ages 7-16, Emotionally disturbed and neurologically impaired

DESCRIPTOR: "Nutritional environment" for emotionally disturbed and neurologically impaired students, ages 7-16, to improve their nutritional knowledge and diet.

OVERVIEW: Addressing 50 emotionally disturbed and neurologically impaired students, ages 7 to 16, the program created a "nutritional environment" to alter their eating habits, make them aware of their diet and nutrition both at school and at home, and enable them to take this knowledge to their families and community. Coming from deprived areas, these students lack a knowledge of sound nutrition. Learning materials were made, such as bulletin boards, posters, mobiles, rolled paper models of foods and coloring books, and were displayed throughout the school. Menus were planned, trips to markets were taken to purchase food, and foods were prepared and served, with all breads baked by the children. As the program progressed, a daily lunch box check showed that nutritious snacks were replacing "junk" foods. Materials developed include coloring books made by the primary children, "How Does Your Garden Grow", and mobiles and posters made by the older children. In addition a scrapbook was compiled containing photographs of activities in the classroom and kitchen.

FUNDING: $963.00

CONTACT PERSON: Adelaide Catena, Mt. Carmel Guild Special Education, Henderson and York Streets, Jersey City, N.J. 07302 (201) 435-5509.

PRINCETON CHILD DEVELOPMENT INSTITUTE

PRINCETON
Mercer County

Ungraded - ages 9-16 autistic and emotionally disturbed boys.

DESCRIPTOR: Nutrition education and food preparation experiences designed to increase reading ability, for autistic children, ages 9-16.

OVERVIEW: The program was designed to increase the reading and language abilities of adolescent autistic and severely emotionally disturbed boys, ages 9-16, through the content area of nutrition education and food preparation. It enabled these children to read the cooking directions found on pre-packaged foods (soups, spaghetti, canned and frozen vegetables, etc.) and to perform the steps required to prepare these foods for mealtime consumption. In groups of two, the students worked for half-hour periods, five days a week. They learned to read the vocabulary on the package directions; to identify and use basic kitchen utensils; to prepare a simple meal; and to monitor their food consumption. In addition, they helped to prepare a series of worksheets to teach classification of foods in the four basic food groups, and a glossary of terms describing kitchen utensils and procedures. Twenty units of instruction were developed, each unit containing a pre-post test for determining task acquisition and a series of Language Master/Spellbinder cards for teaching how to sight-read words.

FUNDING: $992.00

CONTACT PERSON: Stanley Zalenski, Princeton Child Development Institute, P.O. Box 2013, 527 Stockton Street, Princeton, N.J. 08540 (609) 924-6280.

MIDDLESEX COUNTY JUVENILE FACILITIES

NORTH BRUNSWICK
Middlesex County

Ungraded - ages 8-17

DESCRIPTOR: Basic nutrition education for youngsters, ages 8-17, in three Detention Centers, with stress on food preparation and budgeting.

OVERVIEW: The program addressed approximately 1,000 short-term residents of three Detention Centers - Middlesex County Youth Center, Middlesex County J.I.N.S. Shelter (Juveniles In Need of Supervision), and the Middlesex County Middlefields Program. Its purpose was to establish a nutrition education program, teaching nutritional concepts and exposing the residents to foods through preparation skills, meal management and budgeting. Since the three centers are short-term facilities, each lesson was designed to motivate the youngsters educationally, to develop self-esteem and to establish better nutrition awareness upon release. Activities included basic nutrition lessons, basic food preparation skills, basic reading and math skills relating to the recipe, and activities designed to develop a sense of pride or accomplishment with the finished product. With a transient population, basic four food groups, shopped for foods, and visited fast-food restaurants. Materials developed include posters, collages, arts and crafts projects involving food ideas, a recipe book and nutritional photo story, and a resource collection of nutrition related books and materials.

FUNDING: $4,500.00

CONTACT PERSON: Christine DeMura and Anthony W. Pellicane, Middlesex County Juvenile Facilities, P.O. Box 164, Route 130, North Brunswick, N.J. 08902 (201) 745-3400

MARLBORO TOWNSHIP SCHOOL DISTRICT

Monmouth County

Ungraded - ages 7-9, Neurologically impaired

DESCRIPTOR: Interdisciplinary nutrition program for neurologically impaired children, ages 7-9, emphasizing cooking, math, reading and motor coordination.

OVERVIEW: The program enabled neurologically impaired children, ages 7-9, who had little knowledge of nutritionally balanced meals, to improve their nutritional practices through planning, preparing and eating wholesome foods. The children prepared the recipes in the kitchen facilities of their classroom once a week and, during the rest of the week, were introduced to specific related skills such as time, measurement and vocabulary words. The results of their efforts culminated in a meal which the students planned themselves, purchased ingredients for, prepared and enjoyed with their parents at school. In addition to providing a new awareness of nutrition, the program helped to improve motor coordination and conceptual and reading skills.

FUNDING: $950.00

CONTACT PERSON: Diane LoPresti, Asher Holmes Elementary School, Tennent Road, Morganville, N.J. 07751 (201) 536-5525

MORRIS COUNTY EDUCATIONAL SERVICES COMMISSION

MORRISTOWN
Morris County

Ungraded - ages 7-11
Neurologically impaired
and emotionally disturbed

DESCRIPTOR: Nutrition learning experiences and basic skills development through use of a simulated supermarket, for students, ages 7-11, neurologically impaired and emotionally disturbed.

OVERVIEW: The program enabled 74 neurologically impaired and emotionally disturbed children, ages 7-11, from 40 school districts to participate in nutrition learning experiences through use of a simulated supermarket. Students worked in small groups for ½ hour once a week using real food, the supermarket play setting, and media materials under the direction of the classroom teacher in cooperation with the health educator; the school social worker provided background information on any home situations which needed to be addresed. The learning-play activities developed skills in making food selections fundamental to their health and advanced basic skills development in both math and language. Materials developed include the simulated supermarket and many primary math goals and objectives relating to the supermarket.

FUNDING: $2,000.00

CONTACT PERSONS: Robert E. Suleski, Morris County Educational Services Commission, Courthouse, Morristown, N.J. 07960 (201) 285-6151.
Carmine A. Salierno, Cedar Knolls School, 125 Ridgedale Avenue, Cedar Knolls, N.J. 07927.

MORRIS COUNTY EDUCATIONAL SERVICES COMMISSION

MORRISTOWN
Morris County

Ungraded - ages 8-11, Neurologically impaired and emotionally disturbed

DESCRIPTOR: Nutrition training for neurologically impaired and emotionally disturbed students, ages 8-11, and their parents, with cooking experiences; cookbook developed.

OVERVIEW: The program entitled SNAP (Student Nutrition Awareness through Parents), provided nutrition information and training to 74 neurologically impaired and emotionally disturbed students, ages 8-11, from 40 school districts, and to their parents. The program had a dual thrust, focusing first on children then on their parents. The students acquired their nutrition education through instruction; preparation and tasting of nutritional snacks, breakfast foods, luncheon foods and party fare; field trips and other activities. Parents were involved in workshops and seminars to increase their knowledge and, in addition, shared activities with their children in food preparation and other events. The project culminated in a Holiday Breakfast, prepared and served by the students to the faculty, guests and student body, and a luncheon served at the end of the year, for which the students used the recipes and skills learned. Materials developed include: *Healthy Snacks for a Healthy You*, a 16 page recipe booklet containing the recipes used for the holiday tasting party, and a 52 page cookbook distributed to parents which contained recipes and information used by the students in their food preparation.

FUNDING: $4,000.00

CONTACT PERSONS: Robert Suleski, Morris County Educational Services Commission, Courthouse, Morristown, N.J. 07960 (201) 285-6151
Carmine A. Salierno, Cedar Knolls School, 125 Ridgedale Avenue, Cedar Knolls, N.J. 07927.

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JACKSON TOWNSHIP SCHOOL DISTRICT
Ocean County

Ungraded - ages 9-12, Emotionally disturbed and educable mentally retarded

DESCRIPTOR: Nutrition education for emotionally disturbed and educable mentally retarded students, ages 9-12, with stress on meal preparation skills.

OVERVIEW: Addressing emotionally disturbed and educable mentally retarded students, ages 9-12, the program was designed to increase their knowledge of nutrition and develop skills in planning and preparing meals. This was accomplished through audio-visual experiences (books, films, filmstrips) and hands-on experiences in food preparation and home activities, with stress on cleanliness and safety. Parents, teachers and other school personnel participated, providing examples of good role models in addition to their cognitive contributions. Social behavior was also emphasized, with family-style eating so that meals were a relaxed, pleasant, shared social activity.

FUNDING: $870.00

CONTACT PERSON: Jay M. Raskin, Rosenauer Elementary School, 25 Citadel Drive, Jackson, N.J. 08527 (201) 364-1144.

JACKSON TOWNSHIP SCHOOL DISTRICT
Ocean County

Ungraded - ages 11-13, Neurologically impaired

DESCRIPTOR: Breakfast cooking experiences for neurologically impaired students, ages 11-13, with career awareness exposure; recipe booklet developed.

OVERVIEW: The program enabled 20 neurologically impaired students, ages 11-13, to acquire a sense of good nutritional value in foods properly prepared and to be exposed to career awareness by actually organizing, planning, preparing and serving delicious, nutritional meals to themselves and to other neurologically impaired classes in the building. Breakfasts were emphasized since many students come from far distances, with little time available in the morning for a proper breakfast at home. Thus, the program not only provided them wih a nutritious, essential meal, but, by using a job oriented procedure, also taught them some basic life and career skills, since students could view jobs needed in the food service field. Meals were prepared on a rotating basis by groups of ten students, for themselves and the others in the class. Materials developed include a booklet combining food facts and recipes.

FUNDING: $650.00

CONTACT PERSON: Vincent Villecco, Lucy Holman Elementary School, Manhattan Street, Jackson, N.J. 08527 (201) 928-0765.

FRANKLIN TOWNSHIP SCHOOL DISTRICT

Somerset County

Ungraded - ages 7-9, Neurologically and perceptually impaired

DESCRIPTOR: Nutrition and cooking activities for neurologically and perceptually impaired children, ages 7-9, with cookbook compiled.

OVERVIEW: Addressing 22 neurologically and perceptually impaired children, ages 7-9, the program was designed to improve their eating patterns; teach nutrition;al concepts and the relationship of food to good health, growth and energy; improve social behavior at mealtime; develop a favorable attitude towards eating from four basíc food groups daily; and involve them directly in planning, purchasing and preparing meals. Nutritional activities were held four hours weekly in the school kitchen and classroom, culminating in a formal sit-down luncheon to which parents were invited. The enthusiasm, cooperation and participation of pupils proved rewarding and gratifying for both teachers and pupils. Materials developed include a recipe book, place mats, filmstrips and a wall mural of a Nutrition Circus. tion Circus.

FUNDING: $1,000.00

CONTACT PERSONS: Joyce Long and Dolores Still, MacAfee Elementary School, MacAfee Road, Franklin Township, Somerset, N.J. 08873 (201) 249-9097.

SCOTCH PLAINS-FANWOOD REGIONAL SCHOOL DISTRICT

Union County

Grade - Preschool Handicapped

DESCRIPTOR: Nutritional snack education and preparation, for preschoolers (28 handicapped,12non-handicapped), with cookbook and slide presentation developed.

OVERVIEW: The program, entitled SNACK-IT (Sount Nutrition Alleviates Children's Keen Insistence for Treats) provided language and nutritional experiences for 40 preschool handicapped and non-handicapped children (28 and 12 respectively) through hands-on experiences in classroom snack cooking. The recipes used were sent home to enable parents to make the nutritional snacks with their children. Three evening meetings were held to increase parent awareness of good nutrition; a slide presentation was developed for parents and teachers on how to implement a sound nutritional program; and, as a culminating activity, the children put on a show and luncheon for parents and other youngsters focusing on good nutritional foods. Appropriate table manners were encouraged throughout the program. Materials developed include recipe sheets, sample press releases, nutrition corresponcence to parents, slide script, recall sheets, show songs and flyer, and poster size recipe charts for use with the entire class.

FUNDING: $975.00

CONTACT PERSON: Carolann Blackman, Office of Pupil Service, Scotch Plains-Fanwood Regional Schools, 2630 Plainfield Rd., Scotch Plains, N.J. 07076 (201) 232-0280.

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